

KETOGENIC DIET MACRO REFERENCE

HEALTHY FATS **70-75%**
MODERATE PROTEIN **20-25%**
NET CARBS **5-10%**

Food Item	Serving	Fat (g)	Protein (g)	Net Carbs (g)
Fats & Oils				
Avocado	1 Medium	21g	3g	2g
Extra Virgin Olive Oil	1 tbsp	14g	0g	0g
Grass-fed Butter	1 tbsp	12g	0.1g	0g
Proteins				
Whole Egg	1 Large	5g	6g	0.4g
Ribeye Steak	100g	22g	24g	0g
Wild Salmon	100g	13g	20g	0g

Food Item	Serving	Fat (g)	Protein (g)	Net Carbs (g)
Produce & Nuts				
Spinach (Raw)	2 Cups	0g	1.5g	0.8g
Pecans	28g	20g	3g	1g
Cauliflower	1 Cup	0.3g	2g	3g

Example Reference Only – Always consult a medical professional before starting a new diet.