

Protein/Fat Sources

These foods provide protein (to hit 152–190 g/day) and fat (to reach 130–180 g/day), keeping carbs low to maintain ketosis. Prioritize high-quality, minimally processed options.

[How much Protein should you have per day?](#)

- **Beef (Fatty Cuts):**
 - **Examples:** Ribeye, ground beef (80/20), brisket.
 - **Nutrition (per 4 oz/113 g):**
 - Ribeye: ~25 g protein, 20 g fat, 0 g carbs, ~280 kcal.
 - Ground beef (80/20): ~23 g protein, 17 g fat, 0 g carbs, ~250 kcal.
 - **Tips:** Grill or pan-sear with butter for extra fat. Use ground beef for keto burgers (no bun) or casseroles.
- **Pork:**
 - **Examples:** Pork belly, bacon, pork chops, sausage (no fillers/sugar).
 - **Nutrition (per 4 oz/113 g):**
 - Pork belly: ~15 g protein, 50 g fat, 0 g carbs, ~500 kcal.
 - Bacon (3 slices, ~1 oz): ~10 g protein, 12 g fat, 0 g carbs, ~150 kcal.
 - **Tips:** Choose uncured bacon to avoid added sugars. Pork belly is great for high-fat meals; pair with low-carb veggies.
- **Poultry:**
 - **Examples:** Chicken thighs (skin-on), wings, duck breast.
 - **Nutrition (per 4 oz/113 g):**
 - Chicken thighs (skin-on): ~24 g protein, 15 g fat, 0 g carbs, ~230 kcal.
 - Wings (3 pieces, ~3 oz): ~18 g protein, 14 g fat, 0 g carbs, ~200 kcal.
 - **Tips:** Avoid lean cuts like chicken breast unless adding fat (e.g., butter sauce). Roast or fry for crispy skin.
- **Fish/Seafood:**
 - **Examples:** Salmon, mackerel, sardines, shrimp.
 - **Nutrition (per 4 oz/113 g):**
 - Salmon: ~25 g protein, 15 g fat, 0 g carbs, ~230 kcal, ~400 mg potassium.
 - Sardines (canned in oil, drained): ~23 g protein, 10 g fat, 0 g carbs, ~190 kcal, ~300 mg calcium.
 - **Tips:** Fatty fish like salmon boost omega-3s and potassium. Canned sardines are convenient and nutrient-dense.
- **Eggs:**
 - **Examples:** Whole eggs (chicken or duck).
 - **Nutrition (per 2 large eggs, ~100 g):**
 - ~12 g protein, 10 g fat, 1 g net carbs, ~140 kcal, ~50 IU vitamin D.
 - **Tips:** Scramble with butter or cheese for extra fat. Hard-boil for snacks.
- **Dairy (High-Fat, Low-Carb):**

- **Examples:** Hard cheeses (cheddar, parmesan), cream cheese, Greek yogurt (full-fat, unsweetened).
 - **Nutrition (per 1 oz/28 g cheddar or 2 tbsp cream cheese):**
 - Cheddar: ~7 g protein, 9 g fat, 0.5 g net carbs, ~110 kcal, ~200 mg calcium.
 - Cream cheese: ~2 g protein, 10 g fat, 1 g net carbs, ~100 kcal.
 - **Tips:** Use cheese as a snack or topping. Check yogurt labels for no added sugars.
 - **Plant-Based (for Variety):**
 - **Examples:** Tofu (firm), tempeh (low-carb versions).
 - **Nutrition (per 4 oz/113 g tofu):**
 - ~10 g protein, 6 g fat, 2 g net carbs, ~100 kcal, ~200 mg calcium.
 - **Tips:** Fry tofu in coconut oil for extra fat. Limited use to keep carbs low.
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