You can mix and match the meals above and get a good Ketogenic burn going where you will notice rapid weight loss.

**Eat as much as you want ingredient ideas:**

* Beef,
* Steak,
* Hamburger,
* Prime Rib,
* Filet Mignon,
* Roast Beef,
* Chicken,
* Duck (awesome if you can get it because it is very high fat),
* Any Fish, Tuna, Salmon, Trout, Halibut,
* Lamb,
* Pork,
* Bacon,
* Ham,
* Eggs,
* Shrimp,
* Crab,
* Lobster,
* Butter,
* Oils (Olive Oil, Flaxseed oil, etc.),
* Salt, Pepper, Soy Sauce,
* Spinach,
* Lettuce,
* Mustard Greens,
* Celery,
* Cheeses,
* Oysters,
* Abalone.

**Add for variety but in moderation:**

Read the ingredients (if applicable) and make darn sure they contain no sugar:

* Avocadoes
* Mustard (with no sugar or carbs),
* Tea no sugar with milk
* Coffee black no sugar
* Heavy Cream
* Broccoli,
* Cabbage,
* Bok Choy,
* Kale,
* Asparagus,
* Mushrooms,
* Cucumbers,
* Olives,
* Celery,
* Green Beans,
* Brussels Sprouts,
* Peppers (Red, Green, Jalapeno, Habanera),
* Onions,
* Nuts preferably almonds,

You absolutely must avoid all sugar on this diet because it is the highest GI carbohydrate that will very quickly spike your insulin and destroy any Ketogenic effect. Other foods to avoid roughly in order of damage they will do to the diet:

* All sugar.
* All Bread.
* Did I mention avoid sugar?
* All traditional carbs like rice, pasta, wheat, potatoes, even the low GI ones like beans and lentils.
* Beware of sauces that contain sugar or things like corn starch.

Try to keep your **“Net Carbs”** to less than 50-60 gms a day and your **“sugar”** to less than 25 gms a day

Recommended links: <http://www.charliefoundation.org/explore-ketogenic-diet/explore-1/introducing-the-diet>

<http://www.ruled.me/30-day-ketogenic-diet-plan/>

<http://healthimpactnews.com/tag/ketogenic-diet/>