Part 1: Ketogenic Mediterranean Diet

Meat and Fish
meat, fish, chicken, turkey, eggs, shrimp, lobster, pork skins

Olive oil
virgin and/or extra virgin

Nuts and Seeds
almonds, walnuts, pecans, Brazilnuts, hazelnuts (filberts), macadamia nuts, peanuts, Spanish peanuts, pistachios, pine nuts, sunflower seeds, pumpkin seeds in shells

Vegetables and Fruits
lettuce, mushrooms, radishes, spinach, alfalfa sprouts, cucumber, tomato, scallions, parsley, jicama, arugula, endive, radicchio, chard, sweet peppers, avocado, olives (pickled green or ripe black), pickles (dill or sour, not sweet or “bread and butter”), snow peas, broccoli, summer squash, onion, cauliflower, eggplant, Brussels sprouts, asparagus, okra, sauerkraut, green beans

Wine and Other Alcohols
red wine (e.g., burgundy, cabernet sauvignon, or merlot), white wine (e.g., sauvignon blanc, reisling, pinot grigio), distilled spirits (80 proof whiskey, rum, vodka, gin), beer (must have under 10 grams of carb per 12 fl oz)

Cheese
real, regular cheese (not low-fat): mozzarella, provolone, Swiss, cheddar, blue, Monterey, Colby, brie, Parmesan, feta, gouda, ricotta, cottage

Oils and Spices
butter, plant oils, olive oil, vinegar (cider, red wine, or distilled, but not balsamic), salt, pepper, genuine mayonnaise, yellow mustard, paprika, cumin, turmeric, cinnamon, ginger (raw root or ground spice), coriander, anise, Spanish saffron, lemon or lime juice, mint, parsley, garlic, dill pepper, and sumac

Miscellaneous
water, tea, coffee, cream or high-fat half-and-half, dark chocolate (65-85% cacao)
Part 2: Low-Carb Mediterranean Diet
(aditions to Part 1)

Fruits
apple, banana, peach, strawberries, raspberries, blackberries, cantaloupe, honeydew, navel orange, pear, pomegranate, tangerine, grapefruit, sweet raw cherries, grapes, seedless raisins, nectarine, mango, raw pineapple, lime/lemon juice, limes, watermelon

Vegetables
white potato, corn, carrots, sweet potato, canned beets, green peas, spaghetti squash

Legumes
peas, black-eyed peas (cowpeas), soybeans, beans (black, kidney, navy, pinto, white, fava, chickpeas/garbanzo)

Yogurt and Milk Products
plain yogurt from whole milk, whole milk, 1% milkfat milk, Fage Greek "total 2%" yogurt, Voskos plain original Greek yogurt

Grains
whole wheat bread, Ezekial 4:19 bread, 100% whole grain pasta, Ry-Krisp crackers, Triscuit crackers, whole wheat crackers, 8" whole grain tortilla by Mission, whole grain oats, steel-cut oats, brown rice, quinoa, pearled barley, shredded wheat (plain, sugar-free), FiberOne original plain cereal, Kellogg's All-Bran original or All-Bran Bran Buds