

# VEGAN KETO FOOD LIST

*By Renee Louise Samson*

I based this on the works of the Godfather of WFPB eating, the coolest Dr. Michael Gregor from [nutritionfacts.org](http://nutritionfacts.org). He created his 'Daily Dozen' foods that should be eaten every day, based on his most recent book, [How Not to Die](#). Awesome read.

So I went through and tweaked it to make it work for Vegan Keto. And so instead of the daily dozen? We have the 10 Categories of the Vegan Keto Food List for Optimal Nutrition!

## THE VEGAN KETO FOOD LIST

1. Berries
2. Fat Fruits
3. Other 'Keto Fruits'
4. Cruciferous Vegetables
5. Green Leafy Vegetables
6. Other Keto Vegetables
7. Nuts
8. 'Keto Grains'
9. Legumes
10. Supplements & Spices

NOTES ON OIL: When you're starting you'll have to make up a bunch of calories with oil in order to keep your carbs low enough to enable the fat adaption process. Liz@healthygamergirl has a great article on the best types of oils on vegan keto here:

<https://foreatssake.net/complete-guide-healthy-vegan-fats-oils/>

## FRUITS

*4 Servings Total*

<https://www.dietdoctor.com/low-carb/fruits>

### **1. BERRIES:**

*1 serving a day*

Berries are a rich source of many micro nutrients and antioxidants and are relatively low carb. As most other fruits are too high carb to make the vegan keto food list, it's a great idea to try and incorporate some every day! (Blueberries have twice as many carbs, and as such I didn't include them; so if you wish to include them as they are super nutritious, use half as much.)

	Net Carbs	Fat	Carbs	Fiber	Protein	Calories	Portion
Blackberry	2.1	0.2	4.8	2.7	0.7	22	50g
Strawberry	2.8	0.2	3.8	1	0.3	16	50g
Raspberry	2.8	0.3	6	3.2	0.6	26	50g

## 2. FAT FRUITS:

*1 serving avocado + 1 serving*

Avocado, coconut, and olives are your best friends on Vegan Keto and take pride of place of the Vegan Keto Food List. High fat and low carb = winning. I try and eat an avocado a day (it's a tough life but someone's gotta do it....)

	Net Carbs	Fat	Carbs	Fiber	Protein	Calories	Portion
Green Olives	1.4	17.7	5	3.6	1.5	193	100g
Black Olives	1.5	5.3	3.1	1.6	0.4	58	50g
Coconut Milk	1.6	7.5	1.61	0	0.5	75	1/4 cup
Coconut Meat	1.6	8.4	3.8	2.2	0.8	86	25g
Avocado	1.8	14.7	8.5	6.7	2	160	100g

## 3. 'OTHER KETO FRUIT': AKA VEGETABLES THAT ARE ACTUALLY FRUIT:

*1 serving a day*

It's important to include foods with different colours to get a wide range of micronutrients, vitamins and minerals. The following fruit/veggies, however, are quite low in protein; so for the carbs we need to make sure we don't focus on these guys too much.

	Net Carbs	Fat	Carbs	Fiber	Protein	Calories	Portion
Tomato	1.3	0.1	1.9	0.6	0.5	9	50g
Eggplant	1.4	0.1	2.9	1.5	0.5	13	50g
Cucumber	1.5	0.1	1.8	0.3	0.3	8	50g
Green Bell Pepper	1.7	0.1	2.5	0.8	0.4	18	50g
Red Bell Pepper	1.9	0.2	3	1.1	0.5	16	50g
Spaghetti Squash	2.7	0.3	3.5	0.8	0.3	16	50g

<https://www.mentalfloss.com/article/643188/vegetables-that-are-actually-fruits>

## VEGETABLES:

4 servings

<https://www.dietdoctor.com/low-carb/vegetables>

### 4. CRUCIFEROUS VEGETABLES:

at least 1 serving

These are some of the building blocks of vegan keto. I usually have cauliflower + one more from this section (or just all cauliflower!)

	Net Carbs	Fat	Carbs	Fiber	Protein	Calories	Portion
Cauliflower	2.7	0.1	5.2	2.5	2	13	100g
Cabbage	3.3	0.1	5.8	2.5	1.3	25	100g
Brussel Sprouts	3.5	0.3	7	3.5	3.1	36	75g
Broccoli	4	0.4	6.6	2.6	2.8	34	100g

### 5. GREEN LEAFY VEGETABLES:

	Net Carbs	Fat	Carbs	Fiber	Protein	Calories	Portion
Arugula	0.9	0.3	1.5	0.6	1	10	Raw
Spinach	0.9	0.2	2.2	1.3	1.7	14	Raw
Collards	1	0.4	3.9	2.9	2.2	23	Raw
Mixed Greens	1.3	0.3	3.5	2.2	1.7	19	Raw
Swiss Chard	1.5	0.1	2.7	1.2	1.3	14	Raw
Kale	1.6	0.3	2.8	1.2	1.4	16	Raw
Bok Choy	1.7	0.3	3.1	1.4	2.1	18	Raw

### 6. OTHER [KETO] VEGETABLES:

3 Servings

Other than the cruciferous veggies, my other go-to's on the Vegan Keto Food List are asparagus, mushrooms, and zucchini. Yes, I know it's a fruit, but I put it here because they are a great source of protein for the carbs. Again, we should be eating a variety of different colours everyday so remember to mix it up!

	Net Carbs	Fat	Carbs	Fiber	Protein	Calories	Portion
Onions	1.8	0	2.2	0.4	0.3	10	25g
Radish	1.8	0.1	3.4	1.6	0.7	16	100g
Asparagus	1.8	0.1	3.9	2.1	2.2	20	100g
Zucchini	2	0.3	3.1	1.1	2	23	100g
Mushrooms	2.3	0.3	3.3	1	3.1	22	100g
Carrots	2.4	0.1	4.8	2.4	0.5	21	50g
Garlic	2.6	0	2.8	0.2	0.5	13	1 tbsp

## NUTS AND 'GRAINS':

*1 serving nuts + 5 servings 'grains'*

<https://www.dietdoctor.com/low-carb/nuts>

### 7. NUTS:

*1 serving*

You've gotta be nuts to not love nuts! And, unfortunately, peanuts don't count as nuts. Sorry.

With the following, check the portions. Nuts are one of our main sources of protein. Pecans and macadamias are much lower in carbs, but also in protein, than the other two so you have to eat more to get the same amount of protein. So take that into consideration! Sometimes you need the protein and then other times you'll need the calories. Make your choice based on that! It's all about balance.

	Net Carbs	Fat	Carbs	Fiber	Protein	Calories	Portion
Walnuts	2	20	4	2	5	200	28g
Almonds	2.3	12.5	5.4	3.1	5.3	145	28g
Pecans	2.4	41	7.8	5.4	5.2	392	56g
Almond Butter	2.7	17.3	5.9	3.2	6.5	192	2 tbsp
Macadamias	2.9	42	7.8	4.9	4.5	407	56g

### 8. "KETO WHOLE GRAINS" AKA SEEDS

*5 Servings*

Recommended: 1 serving flax seeds + 2 servings hemp seeds + 1 serving Chia + 1 other serving

These guys are the real powerhouses of a low carb vegan diet. Seeds are super low carb and high fat and high protein. Not only that they're high fibre and high in Omega 3s. (NOTE: while they all have lots of

omega 3, chia and flax have better omega ratios than hemp. Its super important to get all in everyday to maximize benefits.)

TIP: If you need more fiber, choose chia.

For the most protein, choose hemp.

And for omegas, choose flax!

	Net Carbs	Fat	Carbs	Fiber	Protein	Calories	Portion
Hemp Seeds	0	4.4	1	1	3.3	57	1 tbsp
Flax Seeds	0.1	2.1	1.5	1.4	1.5	23	1 tbsp
Chia Seeds	0.5	3	4.5	4	1.5	50	1 tbsp
Pumpkin Seeds	0.5	5	1.1	0.6	3	56	1 tbsp
Sunflower Seeds	2	8.5	4	2	3.5	100	2 tbsp
Sesame Seeds	2	9	4.2	2.2	3.2	104	2 tbsp
Tahini	3.6	16.1	6.4	2.8	5.1	178	2 tbsp

## KETO BEANS/LEGUMES:

\* soy

\* lupini

\* pea protein

Do I eat processed faux meats made with processed soy? Yes. But I always make sure its non-GMO or preferably organic to avoid glyphosates (aka *Round Up*).

I haven't included any faux meats here as I don't believe it's something to build your diet around (although they are super tasty! Just to be enjoyed as a treat and not the basis of your diet).

Things like TVP and Soy Curls are better as they have fewer processed ingredients, but we should be trying to include foods as close to their natural state as possible. Try to limit processed faux meats to a few times a week.

"But I don't like the taste of soy milk/yogurt! Can I substitute another nondairy milk, etc.?"

Short answer? Yes, of course. Just be aware things like almond milk, and even coconut milk products, are much lower in nutritional value, lower in protein, and higher carb (usually). Just take that into consideration when figuring out your macros.

### 9. LEGUMES:

*3 servings total*

Recommended: 1 cup fortified soy milk/yoghurt + 1 other soy + 1 serving

Beans, beans! The magical fruit!

Dr. Gregor is adamant about the consumption of beans; and, as vegans, we know it is SO important to include them. So important there is a separate post all about them (look for my post on COMPLETE PROTEIN/LYSINE).

Unfortunately for us, most normal beans are super high carb and can't really be consumed on a vegan keto diet in any reasonable portion; and so they don't really make the cut on the Vegan Keto Food List. Include them on a low carb, for sure, once you're in maintenance; but even the lowest carb (like lentils which I have included here) are too high to be consumed in any realistic portion. 2 tablespoons (25g) of lentils is like 3 net carbs for only 2 grams of protein whilst 100 grams of tofu has only 2 net carbs and 9 grams of protein.

	Net Carbs	Fat	Carbs	Fiber	Protein	Calories	Portion
Black Soy Beans	0.8	4.6	6.2	5.4	8.5	92	100g
Tofu	2	4	3	1	9	80	100g
Peanuts	2	7.6	4.2	2.2	4.6	109	2 tbsp
Edamame	2.5	1.5	4.5	2	4	50	50g
Peanut Butter	2.8	8.3	3.6	0.8	3.6	81	1 tbsp
Soy Milk	3	4	4	1	7	80	1 cup
Lentils	3	0.1	5	2	2.3	27	2 tbsp
Soy Yoghurt	3.3	6.9	6.3	3	4	138	1 cup
Tempe	4	5.4	4.7	0.7	9.3	96	50g

## OTHER:

## SUPPLEMENTS:

Can you get 100% of your daily nutrients from a whole-foods plant-based vegan diet?

NO.

You can't get B12 from unprocessed vegan foods. B12 is made from microorganisms found in dirt; so, unless you eat dirt, you can't get B12 from plant foods.

Most vegans get their B12 from fortified foods (like nondairy milks and nutritional yeast, aka "nooch"). All vegans should be conscious of their B12 as a deficiency can create long term, irreversible damage. This is why fortified milk and nooch are musts on my list.

If you've been vegan for a while it shouldn't be hard to include 2 tablespoons of nooch every day. Combined with the fortified soy milk, it's the easiest way to get an extra 15g of protein and 450% of your B12, so you can tell all those naysayers where to go.

Also, as with anyone on planet earth, you should take a vitamin D supplement. Generally speaking, most people are D deficient. Just do it.

The best way to track this is by using the food tracking app, Cronometer, which we'll cover in another lesson. If your levels at the end of the day are good, don't worry about it. But if not, take that supplement!

## 10. SPICES:

Dr. Gregor recommends everyone take turmeric every day. Just a quarter teaspoon a day should greatly improve your general health, reduce inflammation, and help to prevent many diseases. The addition of black pepper helps to increase absorption many fold!

Cinnamon. It's just delicious. Oh, and super healthy, too. So try and include a little every day and reap the benefits!

And of course, good old nooch [nutritional yeast]. Eat all the nooch, every day!

	<b>Net Carbs</b>	<b>Fat</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Protein</b>	<b>Calories</b>	<b>Portion</b>
Nutritional Yeast	2	0.7	6	4	8.5	60	2 tbsp
Cinnamon	0.15	0.01	0.5	0.35	0.03	1.6	1/4 tsp
Turmeric	0.32	0.03	0.5	0.18	0.1	2.4	1/4 tsp

DISCLAIMER: I am not a doctor or a nutritionist. These are my personal recommendations based on my own experiences and research. As always, this article is not meant to diagnose, treat, cure, or prevent any disease or to be mistaken for medical advice. Please always consult with your physician before beginning any new diet or health regimen!

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