

Keto Fats

[DO NOT BREAK YOUR FAST PER DR. FUNG'S METHODS]

1. Grass-fed Butter

- a. 12 grams of fat, zero net carbs, zero protein
- b. It tastes good in coffee, on top of vegetables, and on top of meats

2. [Coconut Oil](#)

- a. You can find it in Aldi or Amazon
- b. 1 tablespoon 14 grams of fat, zero net carbs, and zero protein
- c. You can put it on top of meats, on top of vegetables, put it in coffee, put it in tea, and a whole bunch of other foods

3. [MCT Oil and Ghee](#)

4. Bacon Grease

- a. Keep it in a jar and no need to refrigerate it
- b. I use it to cook fried brussels sprouts
- c. 13 grams of fat, zero net carbs, and zero protein (per one tablespoon)

5. [Olive Oil, Walnut Oil, and Pecan Oil](#)

- a. You can put this on top of your vegetables, and on top of your meat
- b. There is some discrepancy with between cooking with it and not cooking with it (in the mentioned)

[BREAK YOUR FAST PER DR. FUNG'S METHODS]

6. Avocado

- a. 3 grams of protein, 2 net carbs, and 21 grams of fat (per avocado)
- b. [Rotate the avocado video](#)
- c. Mix it with vegetables, mash it up (make your own guacamole)

7. [Coconut Manna](#)

- a. Great for a spoonful on the go if I'm short on macros
- b. Taste like a pina colada
- c. High fat, protein is good, net carbs are good

8. Meat fat

- a. The fat gristle will get you your collagen