**Foods to Rev up Keto**

Important points to remember when you are ketosis.

All the fats your body is turning into ketones travel to the liver where they are converted. The chopping up of the fat molecules takes bile. High fiber foods slow down fat transport for better absorption. Bitter foods stimulate more bile release and production. Increased dietary MCT oils bypass the liver breakdown process and give more energy.

**Consume fiber with your meals to enhance fat breakdown**

1. **Avocados**
2. **Pecans** – raw
3. **Collard greens** – steamed or sautéed in grass-fed butter or ghee, pinch of sea salt
4. **Cauliflower** – raw or lightly cooked
5. **Broccoli** – raw or lightly cooked
6. **Raw coconut**

**Eat bitter-rich foods**

1. **Ginger root tea**
2. **Dandelion greens tea**
3. **Artichokes** – helps build bile and a fiber source
4. Organic, shade-grown **coffee** (Puritycoffee.com)
5. **Lemons/limes**
6. **Radishes/radicchio**
7. **Cranberries**
8. **Basal, oregano, thyme, rosemary** – even aromas diffused
9. **Cilantro, parsley**
10. **Apple cider vinegar**

**Consume more MCTs**

1. **MCT oil**
2. **Coconut oil**
3. **Palm Kernel oil**
4. **Raw grass-fed cheese**
5. **Grass-fed butter**

As you learn more about how to do keto at the right time and the right way, you can use tips like these to make your keto journey more successful. This is also a great way to help the liver function improve, along with fasting.