



Component of the barbecue menu	Allowed on the keto diet	Allowed on the keto diet in limited quantities after checking composition	Not allowed on the keto diet
Meat	Pork, beef, lamb, poultry in the form of steaks, fillets, ribs, skewers, wings	Sausages with added starch, ready-made mixes for burgers	Marinades for meat with added sugar and/or honey; seasoning mixes for meat with added sugar and flour
Fish and seafood	Fresh fish, shrimps, seafood in a marinade of olive oil and herbs		Marinades for fish and seafood with added sugar or honey
Sauces	Mayonnaise, garlic sauce without added sugar, keto ketchup without sugar, mustard without sugar, such as dijon, tzatziki, guacamole, hollandaise sauce, pesto, horseradish without added sugar		Honey mustard, teriyaki sauce, BBQ sauce, classic ketchup, sweet and sour sauce, sweet soy sauce, other sauces with added sugar
Vegetarian delicacies	Grilled feta, halloumi, camembert cheese	Tofu, vegetarian meat substitutes based on soy, beans and peas — after checking the composition	Vegetarian meat substitutes based on seitan, wheat protein, groats and others with high carbohydrate content
Fruit and vegetables	Most low-starch vegetables (asparagus, zucchini, peppers, eggplant, cauliflower, cabbage, tomatoes), avocados	Most fruits, legumes, carrots	High-starch vegetables: potatoes, sweet potatoes, beetroot, parsnips, cassava; fruits with high sugar content: pineapple, peaches, apricots
Salads	Salads of fresh vegetables, with sugar-free dressing (e.g. olive oil, mayonnaise)	Salads of fresh vegetables with fruit (e.g. strawberries, raspberries)	Salads with potatoes, pasta, rice, groats; salad dressings based on balsamic sauces, dressings with the addition of honey
Additions:	Keto equivalents of bread	Bread made from grains without flour	Groats, rice, classic bread, toasts, tortilla, pita
Beverages	Water, sugar-free lemonade, iced coffee, sugar-free iced tea	Kombucha, certain alcohols	Fruit juices, beer, 0% beer, drinks and cocktails, liquors
Flavour additives	Garlic butter, fresh herbs, lemon, pickles, capers	Pickles and pickled vegetables, pomegranate seeds	Candied fruit, vegetables in sweet and sour marinade