

30 Ways to Eat More Fat on Keto and LCHF Diets

1. Choose fatty cuts of red meat
2. Opt for poultry legs and wings, plus duck breasts
3. Eat oily fish for a hit of healthy omega oils
4. Add fatty dressings and sauces to lean meats
5. Select fatty deli meats
6. Drown salads in oil-based dressings
7. Smother boiled or steamed vegetables in butter
8. Pan-fry meat and veggies to save time and boost fat
9. Snack on high-fat nuts and nut butter
10. Embrace cheese in all its forms
11. Eat fresh avocado and add it to recipes
12. Don't be afraid of sugar-free cocoa and chocolate
13. Make desserts with mascarpone or cream cheese
14. Garnish food with crème fraîche or sour cream
15. Load soups with fat
16. Make your own pate with lots of butter
17. Indulge in fat bombs – sweet or savoury
18. Add chopped chorizos to fried dishes
19. Enjoy bacon, bacon and more bacon...
20. Buy high-fat ground meat
21. Try Bulletproof coffee (branded or DIY)
22. Add flaxseeds to salads, smoothies and baked stuff
23. Make high-fat smoothies with cream or coconut milk
24. Jazz up eggs with high-fat toppings
25. Indulge in bone marrow
26. Eat olives and make olive tapenade
27. Learn how to make Hollandaise and Béarnaise sauces
28. Cook fat-guzzling veggies
29. Snack on pork scratching (aka pork rinds)
30. Don't be afraid of offal meats