

Kinetix KO Guide

High fiber, high water containing vegetables and 0 carbohydrate drinks are some of the many KO's available to you. KO's do not alter the K- Count of foods, they simply add flavor, fiber, and lots of micronutrients. For a complete list of KO recipe's go to the nutrition & recipes section of the website at www.kinetixliving.com.

Veggies

asparagus	chilis	ginger	radish
arugula	collard greens	kale	shallots
beet tops	cucumber	leeks	snow peas
bok choy	dandelion greens	lemongrass	spinach
broccoli	eggplant	lettuce	sprouts
broccolini	endive	mache	Swiss chard
Brussel sprouts	escarole	mushrooms	tomatoes
cabbage	fennel	okra	watercress
cauliflower	green beans	onions	yellow squash
celery	galangal	peppers	zests
chickory	garlic	radicchio	zucchini

Condiments

vinegars	tamari	fresh herbs
mustards (except honey style)	hot sauce	dried herbs
soy sauce	sriracha	spices
prepared horseradish	dill pickles	dry seasoning packets

Drinks

Mineral water	Americano	Black tea	diet soda
Black coffee	herbal tea	green tea	