

ALLERGY CARD

Dear Chef, I have **food allergies** to **vegetable oils**.

In order for me to avoid an allergic reaction, I **MUST AVOID** everything marked off below:

- | | | | |
|------------------|-----------------|------------------|-----------------|
| ✗ CANOLA OIL | ✗ CORN OIL | ✗ COTTONSEED OIL | ✗ SUNFLOWER OIL |
| ✗ GRAPE-SEED OIL | ✗ SAFFLOWER OIL | ✗ RICE BRAN OIL | ✗ SOYBEAN OIL |

The following alternatives are **SAFE**:

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|---------------|---------------|---------------|----------|
| ✓ AVOCADO OIL | ✓ OLIVE OIL | ✓ COCONUT OIL | ✓ GHEE |
| ✓ DUCK FAT | ✓ BEEF TALLOW | ✓ LARD | ✓ BUTTER |

Please ensure that the **APPROVED ALTERNATIVES** are **NOT CUT** with the **ALLERGIC OPTIONS**.

Thank you for keeping me safe!

Get Your Allergy Card



SeedOilCard.com

YouTube **@KETOKAMP**

Website: **BENAZADI.com**

NEW YORK TIMES
Bestseller

MetabolicFreedomBook.com

