



FOOD LIST — pg 1

LOW CARB VEGGIES

Broccoli Raab	Cauliflower
Celery	Cucumber
Arugula	Mushrooms, Button
Asparagus	Pumpkin Puree (1 cup)
Chard	Rhubarb
Chayote	Summer Squash
Eggplant	Zucchini
Hearts of Palm	Fennel
Jicama	Green Beans
Lettuce	Okra
Radishes	Radicchio
Spinach	Tomatoes
Bell Peppers, Green	Bell Peppers, Red
Cabbage, Green & Savoy	Broccoli

OTHER CARBS

All vegetables	Rice, white & brown
All fruits	Potatoes
Bread	Pasta
Tortillas	Beans
Cereal	Most sauces - BBQ, teriyaki, etc.
Oats	Soda, Juice, Milk has a high sugar content
Grits	Junk food - candy, chips, ice cream, etc

FOOD LIST — pg 2

FATS

Oils - Coconut, Olive,
etc.

Nuts

Butter

Nut - Butters

Avocado

Heavy Cream

Half and Half

PROTEINS

Eggs

Chicken

Turkey

Seafood - Fish, Scal-
lops, Shrimp, etc...

Beef

Pork

Wild Game - elk,
bison, deer, emu

Lamb

Cottage Cheese

Greek Yogurt

ON-THE-GO PROTEIN

Tuna

Canned Chicken

Beef Jerky

Cottage Cheese

Greek Yogurt