



# LOW CARB FOODS LIST

This list is not exhaustive, but it is a list of the most common foods for most people.

- All meats/proteins should be grass-fed/grass-finished, pasture-raised, wild-caught, or organic.
- All produce should be organic, fresh or frozen.
- All healthy fats should only be used for cooking – EVOO to be used at no/low temp; use spray oils or measure (no more than 4 tbsp per day).

**No processed food.**

**Only whole, natural, single-ingredient foods, as close to their source as possible.**

**Don't weigh/measure food (unless noted). Do not count/track calories. Eat to fullness, then stop.**

## DAILY

### Meats & Protein

Beef  
Eggs  
Fish/Seafood  
Lamb  
Organ Meats  
Pork  
Poultry  
Shellfish  
Wild Game Meats

### Healthy Fats

Avocado Oil  
Coconut Oil  
Extra Virgin Olive Oil  
Ghee  
Lard  
Macadamia Oil  
Saved Bacon Grease

### Produce

Arugula  
Asparagus  
Broccoli/Broccolini  
Brussels Sprouts  
Cabbage  
Cauliflower  
Celery  
Garlic  
Greens (mustards, collards, etc.)  
Cucumbers  
Green Beans  
Kale  
Lemon or Lime  
Lettuce (all kinds)  
Mushrooms  
Onions (all kinds)  
Olives  
Peppers (Bell and Hot)  
Pickles, Dill  
Spinach  
Squash, Yellow  
Zucchini

### Spices

Black Pepper  
Basil  
Cayenne Pepper  
Chili Powder  
Cinnamon  
Cumin  
Garlic Powder  
Onion Powder  
Oregano  
Parsley  
Rosemary  
Sage  
Sea Salt  
Thyme, etc.

### Beverages

Coffee (decaf, organic)  
Tea (decaf, unsweetened)  
Water / Sparkling

## MODERATION (as an accoutrement to a meal; 1 to 2 times per week, unless otherwise noted)

Avocados  
Berries (all kinds)  
Coconut Aminos (soy sauce alternative; brand: Coconut Secret)  
Coconut Milk (brand: Native Forest, Simple, no guar gum)  
Mayonnaise (brand: Primal Kitchen; olive or avocado oil based only)  
Natural Sweetener, Monkfruit (brand: It's Just)  
Natural Sweetener, Stevia (brand: Sweet Leaf Pure Liquid)  
Noodles, Shirataki (brand: Miracle Noodles)  
Noodles, Hearts of Palm (brand: Palmini or Whole Foods)  
Nuts & Seeds (all kinds – raw or dry-roasted only)  
Salad dressing (brand: Primal Kitchen)  
Tomatoes  
Tomato Sauce (brand: Muir Glen Organic)  
Vinegars (brand with 2g or less of sugar)  
Zevia

limit  $\frac{1}{4}$  of the fruit per day  
limit 1 cup per day  
limit  $\frac{1}{4}$  cup per day  
limit  $\frac{1}{4}$  cup (2x per week)  
limit 1-2 tbsp per day  
limit 1 tsp (2x per week)  
limit 4 drops (2x per week)  
limit 1 serving per day  
limit 1 serving per week  
limit  $\frac{1}{4}$  cup per day  
limit 1-2 tbsp per day  
limit 1 cup per day  
limit 1 cup (2x per week)  
no limit  
limit 1-2 per week