LOW CARB Foods To Eat

VEGGIES

Non
Starchy
& Green
Leafy
Vegetables
Are Best

Artichokes Asparagus Aubergine Broccoli Brussel Sprouts Cabbage Cauliflower Celerv Cucumber Garlic Green Beans Kale Kimchi Leeks Lettuce CAIL Varieties) Mushrooms Okra Onions Peppers Pumpkin Radishes

ALCOHOL

Sauerkraut

Spinach

Sugar snap

peas

Tomatoes

Zucchini

Brandy Gin Rum Tequila Vodka Whiskey

FATS

Avocado Oil Beef tallow Butter Cocoa Butter Coconut Butter Coconut Oil Duck Fat Extra Virgin Olive Oil Ghee Goose Fat Lard Macadamia Oil Mayonnaise MCT OIL Olive Oil Walnut Oil

MEAT Eat Grass-

fed Meat & Avoid Factory Farmed Meat Bacon Beef Beef Jerky Bison Chicken Duck Goat Lamb Organ Meats Pork Poultry Rabbit Steak Turkey Veal Venison

FLOUR

Almond Flour
Coconut
Flour
Flaxseed
Meal
Psyllium Husk
Other Nut
Flours

DRINKS

Coffee
All Teas
(Without
added
sugar or
milk)
Bone Broth
Lemon
Juice
Lime Juice
Water

FISH & SHELLFISH

Choose Oily Fish when possible & Fresh over Canned

Cod
Crab
Halibut
Lobster
Mackerel
Mussels
Oysters
Plaice
Salmon
Sardines
Scallops
Shrimp
Trout
Tuna

CONDIMENTS

Lowcarbalpha

NUTS & SEEDS

Almonds Brazil Nuts Chia Seeds Hazelnuts Macadamia Nuts Pecans Pine Nuts Walnuts Flaxseed Hemp Seeds Pumpkin Seeds Sesame Seeds Sunflower

Seeds

DAIRY

Avoid Low-Fat & Fat-Free Dairy

Butter
Eggs
Ghee
Heavy Cream
Full-Fat
Cheeses
Kefir
Soft Cheeses
Sour Cream
Unsweetened
Greek Yogurt

Plain Yogurt

FRUIT

Avocado Berries Coconut Lime Lemon Olives Rhubarb

SWEETS & SNACKS

Cocoa Nibs
Dark
Chocolate
Diet Sodas
Erythritol
Monk Fruit
Sweetener
Sugar-Free
Jello
Stevia

Apple Cider Vinegar Balsamic Vinegar Cocoa Powder Dill Pickles Dried Herbs & Spices Fish Sauce Horseradish Hot sauces Mayonnaise Mustard Pesto Salsa Soy sauce Tabasco

sauce

Wine

vinegars

Sight Words List Low Carb Recipes Guide

Marcel A. Müller

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