



Printable Low-Carb Cheat Sheet

QUICK-VIEW FOOD GUIDE 148 LOW CARB FOODS

VEGETABLES

Artichoke (1/2 cup) = 4 grams per cup
Asparagus = 3 grams per 1/2 cup
Beetroot = 1/2 gram per 1/2 cup
Broccoli = 1/2 gram per 1/2 cup
Brussels Sprouts = 2 grams per 1/2 cup
Cabbage = 1/2 gram per 1/2 cup
Cauliflower = 1/2 gram per 1/2 cup
Celery = 1/2 gram per 1/2 cup
Cucumber = 1/2 gram per 1/2 cup
Eggplant = 1/2 gram per 1/2 cup
Fennel = 1/2 gram per 1/2 cup
Garlic = 1/2 gram per 1/2 cup
Green Beans = 1/2 gram per 1/2 cup
Kale = 1/2 gram per 1/2 cup
Lettuce = 1/2 gram per 1/2 cup
Mushrooms = 1/2 gram per 1/2 cup
Onion = 1/2 gram per 1/2 cup
Parsnips = 1/2 gram per 1/2 cup
Peas = 1/2 gram per 1/2 cup
Pumpkin = 1/2 gram per 1/2 cup
Spinach = 1/2 gram per 1/2 cup
Squash = 1/2 gram per 1/2 cup
Sweet Potatoes = 1/2 gram per 1/2 cup
Tomatoes = 1/2 gram per 1/2 cup
Zucchini = 1/2 gram per 1/2 cup



MEAT/FISH/POULTRY

Beef (Ground) = 1/2 gram per 1/2 cup
Chicken = 1/2 gram per 1/2 cup
Duck = 1/2 gram per 1/2 cup
Eggs = 1/2 gram per 1/2 cup
Fish = 1/2 gram per 1/2 cup
Pork = 1/2 gram per 1/2 cup
Turkey = 1/2 gram per 1/2 cup
Venison = 1/2 gram per 1/2 cup
Wild Game = 1/2 gram per 1/2 cup
Yogurt = 1/2 gram per 1/2 cup



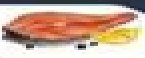
CHEESE/DAIRY

Cheddar = 1/2 gram per 1/2 cup
Cream Cheese = 1/2 gram per 1/2 cup
Gouda = 1/2 gram per 1/2 cup
Mozzarella = 1/2 gram per 1/2 cup
Parmesan = 1/2 gram per 1/2 cup
Swiss = 1/2 gram per 1/2 cup
Tulip = 1/2 gram per 1/2 cup
Velveeta = 1/2 gram per 1/2 cup
Whipped Cream = 1/2 gram per 1/2 cup
Yogurt = 1/2 gram per 1/2 cup



SEAFOOD

Salmon = 1/2 gram per 1/2 cup
Shrimp = 1/2 gram per 1/2 cup
Tuna = 1/2 gram per 1/2 cup
Crab = 1/2 gram per 1/2 cup
Lobster = 1/2 gram per 1/2 cup
Mussels = 1/2 gram per 1/2 cup
Oysters = 1/2 gram per 1/2 cup
Scallops = 1/2 gram per 1/2 cup
Squid = 1/2 gram per 1/2 cup



FRUITS

Apples = 1/2 gram per 1/2 cup
Bananas = 1/2 gram per 1/2 cup
Blueberries = 1/2 gram per 1/2 cup
Grapes = 1/2 gram per 1/2 cup
Lemons = 1/2 gram per 1/2 cup
Limes = 1/2 gram per 1/2 cup
Oranges = 1/2 gram per 1/2 cup
Pineapples = 1/2 gram per 1/2 cup
Raspberries = 1/2 gram per 1/2 cup
Strawberries = 1/2 gram per 1/2 cup



FATS AND DRESSINGS

Avocado = 1/2 gram per 1/2 cup
Butter = 1/2 gram per 1/2 cup
Coconut Oil = 1/2 gram per 1/2 cup
Lard = 1/2 gram per 1/2 cup
Mayonnaise = 1/2 gram per 1/2 cup
Olive Oil = 1/2 gram per 1/2 cup
Sesame Oil = 1/2 gram per 1/2 cup
Vinegar = 1/2 gram per 1/2 cup
Worcestershire Sauce = 1/2 gram per 1/2 cup



HERBS/SPICES

All Herbs and Spices = 1/2 gram per 1/2 cup



ZERO-CARB DRINKS

Water = 0 grams
Unsweetened Tea = 0 grams
Unsweetened Coffee = 0 grams
Club Soda = 0 grams
Sugar-Free Sparkling Water = 0 grams
Non-Caloric Flavored Water = 0 grams
Flavored Tea (without added sugar) = 0 grams



NUTS/SEEDS

Almonds = 1/2 gram per 1/2 cup
Cashews = 1/2 gram per 1/2 cup
Coconut = 1/2 gram per 1/2 cup
Flaxseeds = 1/2 gram per 1/2 cup
Hemp Seeds = 1/2 gram per 1/2 cup
Lentils = 1/2 gram per 1/2 cup
Peanut Butter = 1/2 gram per 1/2 cup
Pumpkin Seeds = 1/2 gram per 1/2 cup
Sunflower Seeds = 1/2 gram per 1/2 cup
Tahini = 1/2 gram per 1/2 cup



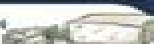
MISCELLANEOUS

Alcohol = 1/2 gram per 1/2 cup
Bacon = 1/2 gram per 1/2 cup
Butter = 1/2 gram per 1/2 cup
Cheese = 1/2 gram per 1/2 cup
Eggs = 1/2 gram per 1/2 cup
Fish = 1/2 gram per 1/2 cup
Fruit = 1/2 gram per 1/2 cup
Herbs and Spices = 1/2 gram per 1/2 cup
Meat = 1/2 gram per 1/2 cup
Nuts and Seeds = 1/2 gram per 1/2 cup
Oils = 1/2 gram per 1/2 cup
Sauces = 1/2 gram per 1/2 cup
Vegetables = 1/2 gram per 1/2 cup
Wine = 1/2 gram per 1/2 cup



SOY/VEGAN PROTEIN

Almonds = 1/2 gram per 1/2 cup
Cashews = 1/2 gram per 1/2 cup
Coconut = 1/2 gram per 1/2 cup
Flaxseeds = 1/2 gram per 1/2 cup
Hemp Seeds = 1/2 gram per 1/2 cup
Lentils = 1/2 gram per 1/2 cup
Peanut Butter = 1/2 gram per 1/2 cup
Pumpkin Seeds = 1/2 gram per 1/2 cup
Sunflower Seeds = 1/2 gram per 1/2 cup
Tahini = 1/2 gram per 1/2 cup



ZERO-CARB ALCOHOLIC DRINKS

Beer = 1/2 gram per 1/2 cup
Bourbon = 1/2 gram per 1/2 cup
Brandy = 1/2 gram per 1/2 cup
Cognac = 1/2 gram per 1/2 cup
Gin = 1/2 gram per 1/2 cup
Liquor = 1/2 gram per 1/2 cup
Rum = 1/2 gram per 1/2 cup
Scotch = 1/2 gram per 1/2 cup
Tequila = 1/2 gram per 1/2 cup
Vodka = 1/2 gram per 1/2 cup
Whisky = 1/2 gram per 1/2 cup
Wine = 1/2 gram per 1/2 cup

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Table of Contents Math Worksheet Low Carb Recipes Price

1. Understanding the eBook Math Worksheet Low Carb Recipes Price
 - The Rise of Digital Reading Math Worksheet Low Carb Recipes Price
 - Advantages of eBooks Over Traditional Books
2. Identifying Math Worksheet Low Carb Recipes Price
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Math Worksheet Low Carb Recipes Price
 - User-Friendly Interface
4. Exploring eBook Recommendations from Math Worksheet Low Carb Recipes Price
 - Personalized Recommendations
 - Math Worksheet Low Carb Recipes Price User Reviews and Ratings
 - Math Worksheet Low Carb Recipes Price and Bestseller Lists
5. Accessing Math Worksheet Low Carb Recipes Price Free and Paid eBooks
 - Math Worksheet Low Carb Recipes Price Public Domain eBooks
 - Math Worksheet Low Carb Recipes Price eBook Subscription Services
 - Math Worksheet Low Carb Recipes Price Budget-Friendly Options
6. Navigating Math Worksheet Low Carb Recipes Price eBook Formats
 - ePub, PDF, MOBI, and More
 - Math Worksheet Low Carb Recipes Price Compatibility with Devices
 - Math Worksheet Low Carb Recipes Price Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Math Worksheet Low Carb Recipes Price
 - Highlighting and Note-Taking Math Worksheet Low Carb Recipes Price
 - Interactive Elements Math Worksheet Low Carb Recipes Price
8. Staying Engaged with Math Worksheet Low Carb Recipes Price

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Math Worksheet Low Carb Recipes Price
- 9. Balancing eBooks and Physical Books Math Worksheet Low Carb Recipes Price
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Math Worksheet Low Carb Recipes Price
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Math Worksheet Low Carb Recipes Price
 - Setting Reading Goals Math Worksheet Low Carb Recipes Price
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Math Worksheet Low Carb Recipes Price
 - Fact-Checking eBook Content of Math Worksheet Low Carb Recipes Price
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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