

# LOW CARB LIST

## MEAT & SEAFOOD

Beef	Pork	Salmon
Chicken	Bacon	Eggs
Turkey	Sausage	Tuna

## VEGETABLES & FRUITS

Lettuce	Brussel Sprouts	Celery
Cabbage	Green/Red Pepper	Mushrooms
Asparagus	Broccoli	Cauliflower
Cucumber	Zucchini	
Strawberries	Blackberries	Avocado
Raspberries	Lemons	Olives

## PANTRY ITEMS

Almond Flour	Hazelnuts	Vinegar
Coconut Flour	Brazil Nuts	Sweeteners:
Pecans	Almonds	Stevia
Walnuts	Peanuts (careful)	Monkfruit
Macadamia	Nut butters	Erythritol
Mayo	Mustard	Allulose

## OILS, FATS & DAIRY

Olive Oil	Ghee	Heavy Whipping Cream
Avocado Oil	Lard	Sour Cream
Coconut Oil		Full Fat Yogurt
Butter	Cheese	Full Fat Cr. Cheese

## AVOID

<u>Veg Oils:</u> Canola,	Soda	Bread
Soy, Corn, Rice	Juices	Pasta
Bran,	All sugary drinks	Grains
Cottonseed,	Candy	Cereal
Grapeseed,	Sucralose	Oatmeal
Safflower		