



Food List

WHOLE FOODS

UNLIMITED LOW-CARB

Steaks, Ground Beef, Bacon, Chicken, Turkey, Duck, Fish, Tuna, Salmon, Shrimp, Sardines, Lobster, Crab, Pork Chops, Sausage, Eggs, Catfish, Trout, Ham, Mackerel

This is just an example of all the meats you can eat. You can have unlimited amounts until you are full.

LOW-CARB SIDES (Moderate)

Cheese such as Mozzarella, Cream Cheese, Cheddar, Goat Cheese, and more. Sour Cream, Heavy Whipping Cream, Olives, Broccoli, Asparagus, Cabbage, Summer Squash, Artichokes, Green Leafy Vegetables, Celery, Collards, Mushrooms, Pickles, Cucumbers, Cauliflower, Peppers, Onions, Eggplant, Bokchoy, Kale, Herbs, and Spices

These are lower-carb versions. If sensitive to dairy try dairy alternatives such as Kate Hill.

Fats (Moderate)

Avocado Oil, Olive Oil, Coconut Oil, Butter, Ghee, Lard (from an animal), Bacon Grease, Mayonnaise

NEVER use vegetable or seed oils!!!

Fruits (Limited)

Strawberries, Blueberries, Raspberries, Avocados, Pumpkin,

NEVER use vegetable or seed oils!!!

This is just a list for quick reference. Not all foods are listed here.