

EASY LOW CARB FOOD LIST

Vegetables

Broccoli
Spinach
Jicama
Turnip
Radishes
Eggplant
Celery
Cucumber
Arugula
Green
Beans
Asparagus
Cauliflower
Zucchini
Mushrooms
Cabbage
Artichoke
Lettuce
Bell Peppers

Oils

Coconut oil
Olive oil
Sesame oil
Avocado oi
Ghee

Fruits

Fruits
Avocado
Coconut
Lime
Lemon
Berries

Nuts & Seeds

Almonds
Walnuts
Pecans
Brazil nuts
Macadamias
Chia seeds
Flax seeds
Pumpkin seeds
Sesame seeds

Other

Eggs
Herbs
Spices
Broth
Hot sauce
Mayonnaise
Soy sauce Mustard
Vinegar
Whey protein

Meats

Beef
Chicken
Pork
Lamb
Bacon
Ham
Turkey
Organ meats
Duck
Pork Rinds
Sausages
Jerky

Drinks

Water
Tea
Coffee
Diet Soda

Seafood

Fish
Lobster
Shrimp
Crab
Squid

Dairy

Butter Cheese
Heavy cream
Cream cheese
Sour cream