

# LOW CARB Food list



MEATS	SEAFOODS	VEGGIES	FRUITS	FATS & OILS	CHEESE
Beef Lamb Chicken Pork Turkey Veal Ham Bacon Salami Sausage Turkey Bacon Pastrami	Bass Clams Crab Flounder Haddock Halibut Lobster Mackerel Mussels Oysters Salmon Sardines Shrimp Sole Squid Trout Tuna	Arugula Asparagus Bok Choy Broccoli Cabbage Celery Cucumber Eggplant Garlic Green Bean Jalapeno Lettuce Parsley Radish Spinach Zucchini	Avocado Blackberry Blueberry Cranberry Lemon Lime Green Olive Raspberry Rhubarb Tomato Coconut Apricot Watermelon	Almond Butter Avocado Oils Butter Cocoa Butter Coconut Oil Fish Oil Flax Seed Oil Ghee Grape Seed Oil Hemp Seed Oil Lard Mayonnaise Olive Oil Walnut Oil	Bleu Cheese Cheddar Cottage Cheese Cream Cheese Feta Gouda Mozzarella Parmesan Provolone Ricotta Cheese
DRESSING	EGGS & POULTRY	DAIRY	NUTS	SEEDS	DRINK
Red Wine Vinegar Creamy Caesar Ranch	Eggs Chicken Duck Goose Quail Turkey	Almond milk Coconut Cream Coconut Milk Greek Yogurt Heavy Cream Sour Cream Soy Milk Whipped Cream Grass Fed Butter	Almonds Brazil Nuts Hazelnuts Macadamias Pecans Pistachios Walnuts	Chia Flax Hemp Pumpkin Sesame Sunflower	Water Coffee Tea