



LOW CARB

Recommended Food List

PROTEIN	DAIRY	VEGGIES	FRUITS	NUTS
Chicken	Cream	Celery	Strawberries	Macadamia
Steak	Sour Cream	Spinach	Blackberries	Sunflower
Pork	Yogurt	Radishes	Raspberries	Brazil
Bacon	Butter	Bell Peppers	Lemon	Pecans
Fish	Cream Cheese	Broccoli	Lime	Walnuts
Shellfish	Cheddar	Mushroom	Avocado	Hazelnuts
Lamb	Parmesan	Cabbage	Watermelon	Almond
Sausages	Mozzarella	Eggplant	Coconut	Pine Nuts
Turkey	Havarti Cheese	Arugula	Apricot	Peanuts
Eggs		Asparagus	Cantaloupe	Chia Seeds
Tofu				Pistachio