

# Zero Carb Foods List

## Natural Meats

Beef  
Turkey  
Lamb  
Bison  
Chicken  
Pork  
Veal

## Seafood

Salmon	Halibut
Catfish	Flounder
Tuna	Cod
Lobster	Sole
Shrimp	Swordfish
Oyster	Bass
Squid	Sardine
Crab	Mussels
	Clams

## Beverages

Water  
Sparkling Water  
Coconut Water  
Club Soda  
Coffee (nothing added)  
Tea (nothing added)  
Diet Soda



## Some Dairy

Butter  
Whipped Cream  
Heavy Cream

## Seasonings

Salt	Pepper
Vinegar	Cinnamon
Hot Sauces	Chives
Mustard	

## Oils

Olive	Corn
Sunflower	Soybean
Canola	Peanut
Sesame	Coconut
Fish	Grapeseed

## Fats

Butter  
Margarine  
Mayonnaise  
Lard