

START LOW CARB

Zero Carb Foods

Meat

- Beef
- Veal
- Lamb
- Pork
- Fowl (turkey, chicken, duck, goose, hen, quail)
- Organ Meats (brains, tongue, liver, heart, kidneys)
- Game Meats (venison, bison, ostrich, caribou, elk)
- Exotic Meats (such as ostrich and emu)

Seafood

- Cod
- Flounder
- Sole
- Haddock
- Halibut
- Sardine
- Swordfish
- Tuna
- Trout
- Salmon

- Catfish
- Bass
- Crab
- Shrimp
- Lobster
- Squid
- Oysters
- Mussels
- Clams

Dairy

- Butter
- Whipped Cream
- Heavy Cream

Seasoning

- Salt and Pepper
- Vinegar
- Ground Cinnamon
- Most Hot Sauces
- Pre-mixed Seasonings
- Yellow Mustard
- Dill weed
- Chives

Oils and Fats

- Olive oil
- Coconut oil
- Sunflower oil
- Safflower oil
- Corn oil
- Soybean oil
- Canola oil
- Peanut oil
- Sesame oil
- Avocado oil
- Grapeseed oil
- Soybean oil

- Safflower oil
- Sunflower oil
- Fish oil
- Animal Fats (including lard)
- Vegetable Shortening
- Butter and Margarine
- Mayonnaise

Beverages

- Water
- Sparkling Water
- Club Soda
- Coffee, black
- Tea, black
- Coconut Water
- Diet Soda

Alcohol

- Gin
- Rum (unflavored)
- Vodka (unflavored)
- Whiskey
- Tequila
- Scotch

Almost Zero Carb

Almost Zero Fruits & Veggies

Serving size: 1/2 cup

- Spinach .2
- Parsley .4
- Avocado .5
- Radish .5
- Lettuce .25
- Bok Choy .7
- Celery .8

Serving size: 1/4 cup

- Mushrooms .5
- Garlic (1/2 clove) .5
- Pokeberry Shoots .5
- Cabbage .5
- Asparagus (3 pieces) .6
- Coconut .5
- Yellow Squash .7
- Raspberries .7
- Cauliflower .7
- Broccoli .8
- Cucumber .9

Almost Zero Dairy

- Eggs .2 to .7 (check carton)

Almost Zero Cheese

Most natural, unprocessed cheeses (no added flavors or ingredients) are 0 to 1 net carbs per serving.

Hard cheeses are the lowest; softer, creamy cheeses are the highest.



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