

DIET FOOD CHARTS

Meat	Beef	Seafood	Cod	Beverages	Water
	Veal		Flounder		Sparkling Water
Lamb	Sole		Club Soda		
Pork	Haddock		Coffee, black		
Fowl (<i>turkey, chicken, duck, goose, hen, quail</i>)	Halibut		Tea, black		
Organ Meats (<i>brains, tongue, liver, heart, kidneys</i>)	Sardine		Coconut Water		
Game Meats (<i>venison, bison, ostrich, caribou, elk</i>)	Swordfish		Diet Soda		
Exotic Meats (<i>such as ostrich and emu</i>)	Tuna				
	Trout				
	Salmon		Alcohol	Gin	
	Catfish	Rum (unflavored)			
	Bass	Vodka (unflavored)			
	Crab	Whiskey			
	Shrimp	Tequila			
	Lobster	Scotch			
	Squid				
	Oysters	Dairy	Butter		
	Mussels		Whipped Cream		
	Clams		Heavy Cream		

ALMOST ZERO CARB

Almost Zero Fruits & Veggies

Serving size: 1/2 cup

Spinach .2
 Parsley .4
 Avocado .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 piece) .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 cheese
 (no added flavors or ingredients) are
 0 to 1 net carbs per serving.

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