

Ignite Low-Carb Approved Foods

Lean Proteins

4-6 Ounces Per Meal

Beef Steak	Mahi Mahi	Tilapia
Eggs	Orange Roughy	Tofu
Chicken Breast	Oysters	Tuna
Elk	Red Snapper	Turkey
Flounder	Salmon	Turkey Bacon
Ground Turkey	Sardine	Turkey Sausage
Grouper	Scallops	Venison
Herring	Sea Bass	
Liver	Shrimp	
Lobster	Swordfish	

Healthy Fats

1 Serving Per Meal

Coconut Oil (1T)	Avocado (1/4 fruit)	Macadamia Nuts (1/4 cup)
Olive Oil (1T)	Pumpkin Seeds (1/4 cup)	Cheese (2 ounces)
Sesame Oil (1T)	Almonds (1/4 cup)	Natural Almond Butter (2T)
Sunflower Oil (1T)	Walnuts (1/2 cup - halves)	Natural Peanut Butter (2T)

Vegetables

2 Cups Per Meal

Artichokes	Chili Peppers	Okra
Arugula	Chives	Onion
Asparagus	Collard Greens	Parsnip
Beets	Cauliflower	Scallion
Bell Peppers	Cucumbers	Snap Peas
Bok Choy	Eggplant	Snow Peas
Broccoli	Endive	Spinach
Brussels Sprouts	Fennel	Squash
Cabbage	Ginger	Tomatoes
Carrots	Green Beans	Turmeric
Cauliflower	Kale	Turnips
Celeriac	Leeks	Watercress
Celery	Lettuce (Romaine)	Zucchini
Cilantro	Mushrooms	
Chicory	Mustard Greens	

High Protein Snack

1 Servings Per Snack

2% Cottage Cheese (1/2 cup)	Hard Boiled Eggs (2 whole eggs)	Cheese (2 ounces)
0% Fat Greek Yogurt (6 oz, less than 6 grams of sugar)	Turkey Breast (3-5 slices)	
	Lean Shake (1 scoop)	

Ignite Low-Carb Approved Foods (cont.)

Fruit

1 Cup Per Day

Blueberries
Black Berries
Raspberries

Strawberries
Medium Oranges

Grains

1 Serving Per Day

Steel Cut Oats (*1/2 cup*)
Brown Rice (*1/2 cup*)
Barley (*1/2 cup*)

Quinoa (*1/2 cup*)
Whole Wheat Bread (*1 slice*)

Other

White Wine Vinegar
Red Wine Vinegar
Balsamic Vinegar

Lime Juice
Lemon Juice
Apple Cider Vinegar

Teriyaki Sauce
Unsweetened Almond Milk (*1 cup*)