

# Low-Carb Approved Foods

This is a suggested list of approved foods to help guide you through the Low-Carb plan. Feel free to customize your meal plans to your preferences with the list below.

Pay special attention to the Post-Jumpstart additions to include after your initial 8-day program.

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## Lean Proteins

4-6 Ounces Per Meal

Beef (lean cuts)  
Boca Burgers (low-carb)  
Chicken  
Eggs  
Elk  
Flounder

Grouper  
Herring  
Liver  
Lobster  
Mahi Mahi  
Orange Roughy  
Oysters  
Pork  
Red Snapper

Salmon  
Sardine  
Scallops  
Sea Bass  
Shrimp  
Steak  
Swordfish  
Tilapia  
Tofu

Tuna  
Turkey  
Turkey Bacon  
Turkey Sausage  
Venison

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## Healthy Fats

1 Serving Per Meal

Almonds, unsalted (1/4 C)

Avocado (1/4 fruit)  
Cheese (2 oz.)  
Coconut Oil (1 T)  
Macadamia Nuts, unsalted (1/4 C)  
Natural Almond Butter (2 T)

Natural Peanut Butter (2 T)  
Olive Oil (1 T)  
Peanuts, dry roasted (1/4 C)  
Pistachios (1/4 C)  
Pumpkin Seeds, unsalted (1/4 C)

Sesame Oil (1T)  
Sunflower Oil (1 T)  
Walnuts,  
unsalted (1/2 C)

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## Vegetables

1-2 Cups Per Meal

Alfalfa Sprouts  
Artichokes  
Arugula  
Asparagus  
Bok Choy  
Broccoli  
Brussels Sprouts

Cabbage  
Carrots  
Cauliflower  
Celeriac  
Celery  
Chicory  
Chili Peppers  
Chives  
Cilantro  
Collard Greens  
Cucumbers

Eggplant  
Endive  
Fennel  
Ginger  
Green Beans  
Kale  
Leeks  
Lettuce (Romaine)  
Mustard Greens  
Okra  
Onion

Parsnips  
Radishes  
Snap Peas  
Snow Peas  
Spaghetti Squash  
Spinach  
Turmeric  
Turnips  
Watercress  
Zucchini

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## Fruits-Optional

Fruits are higher in carbohydrates. If you choose to add fruit to your diet, limit your serving to 1/4 C a few times a week.

Blackberries  
Blueberries  
Cantaloupe  
Honeydew  
Peaches  
Raspberries

Strawberries  
Tomatoes  
Watermelon

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## High-Protein Snacks

1 Serving Per Snack

2% Fat Cottage Cheese (1/2 C)  
Beans  
Cheese (2 oz.)  
Hard-Boiled Eggs (2 whole eggs)  
Hummus (1/4 C)

Lean Shake (1 scoop)  
Non-Fat Greek Yogurt (6 oz., less than 6g of sugar)  
Turkey Breast (3-5 oz.)

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## Other

Apple Cider Vinegar  
Balsamic Vinegar

Lemon Juice  
Lime Juice  
Red Wine Vinegar  
Soy Sauce (low-sodium)

Unsweetened Almond Milk (1 C)  
Unsweetened Cashew Milk (1 C)  
Unsweetened Coconut Milk (1 C)  
White Wine Vinegar