

Core Low-Carb Approved Foods

Lean Proteins

4-6 Ounces Per Meal

Beef Steak
Eggs
Chicken Breast
Elk
Flounder
Grouper
Herring
Liver
Lobster
Mahi Mahi

Orange Roughy
Oysters
Red Snapper
Salmon
Sardine
Scallops
Sea Bass
Shrimp
Swordfish
Tilapia

Tofu
Tuna
Turkey
Turkey Bacon
Turkey Sausage
Venison

Healthy Fats

1 Serving Per Meal

Coconut Oil (1T)
Olive Oil (1T)
Sesame Oil (1T)

Sunflower Oil (1T)
Avocado (1/4 fruit)
Pumpkin Seeds (1/4 cup)

Almonds (1/4 cup)
Walnuts (1/2 cup - halves)
Macadamia Nuts (1/4 cup)

Vegetables

2 Cups Per Meal

Artichokes
Arugula
Asparagus
Beets
Bell Peppers
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Celery
Cilantro
Chicory

Chili Peppers
Chives
Collard Greens
Cauliflower
Cucumbers
Eggplant
Endive
Fennel
Ginger
Green Beans
Kale
Leeks
Lettuce (Romaine)
Mushrooms
Mustard Greens

Okra
Onion
Parsnip
Scallion
Snap Peas
Snow Peas
Spinach
Squash
Tomatoes
Turmeric
Turnips
Watercress
Zucchini

Fruits

1 Cup Per Day

Blueberries
Blackberries

Raspberries
Strawberries

Medium Orange

Core Low-Carb Approved Foods (cont.)

Grains

1 Serving Per Day

Whole Wheat Bread (1 slice)
Steel Cut Oats (1/2 cup)

Quinoa (1/2 cup)
Brown Rice (1/2 cup)

Barley (1/2 cup)

High Protein Snack

1 Servings Per Snack

2% Cottage Cheese (1/2 cup)
0% Greek Yogurt (6 oz, less than 6
grams of sugar)

Hard Boiled Eggs (2 whole eggs)
Turkey Breast (3-5 slices)
Lean Shake (1 scoop)

Cheese (2 ounces)

Other

White Wine Vinegar
Red Wine Vinegar
Balsamic Vinegar

Lime Juice
Lemon Juice
Apple Cider Vinegar

Teriyaki Sauce
Unsweetened Almond Milk (1 cup)