

# 🕒 Core Low-Carb Approved Foods (Higher Calorie)

---

## Lean Proteins

4-6 Ounces Per Meal

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

---

## Healthy Fats

2 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)	

# Core Low-Carb Approved Foods (cont.)

---

## Grains

Prepared Oatmeal (1/2 cup)  
Brown Rice (1/2 cup)

Barley (1/2 cup)  
Quinoa (1/2 cup)

Whole Wheat Bread (1 slice)

---

## Fruit

Blackberries (1 cup)  
Blueberries (1 cup)

Raspberries (1 cup)  
Strawberries (1 cup)

Orange (1 medium size)

---

## Other

White Wine Vinegar  
Red Wine Vinegar  
Balsamic Vinegar

Lime Juice  
Lemon Juice  
Apple Cider Vinegar

Teriyaki Sauce  
Unsweetened Almond Milk (1 cup)