

Core Low-Carb Approved Foods

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

1 Serving Per Meal

Coconut Oil (1T)	Sunflower Oil (1T)	Almonds (1/4 cup)
Olive Oil (1T)	Avocado (1/4 fruit)	Walnuts (1/2 cup - halves)
Sesame Oil (1T)	Pumpkin Seeds (1/4 cup)	Macadamia Nuts (1/4 cup)

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	

Fruits

1 Cup Per Day

Blueberries	Raspberries	Medium Orange
Blackberries	Strawberries	

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)