

# Ignite Low-Carb Approved Foods

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## Lean Proteins

4-6 Ounces Per Meal

Beef Steak  
Eggs  
Chicken Breast  
Elk  
Flounder  
Ground Turkey  
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

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## 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)  
Cheese (2 ounces)  
Natural Almond Butter (2T)  
Natural Peanut Butter (2T)

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## 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

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## High Protein Snack

1 Servings Per Snack

2% Cottage Cheese (1/2 cup)  
0% Fat 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)

# Ignite Low-Carb Approved Foods (cont.)

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## Fruit

*1 Cup Per Day*

Blueberries  
Black Berries  
Raspberries

Strawberries  
Medium Oranges

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## 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*)

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## Other

White Wine Vinegar  
Red Wine Vinegar  
Balsamic Vinegar

Lime Juice  
Lemon Juice  
Apple Cider Vinegar

Teriyaki Sauce  
Unsweetened Almond Milk (*1 cup*)