MEATS
• Beef (including hamburger and steak)
• Pork, ham (must be unglazed – check the label for carbohydrate), bacon
• Lamb, veal, or other meats
• Processed meats (sausage, pepperoni, hot dogs) check the label

POULTRY
• Chicken
• Turkey
• Duck

EGGS
• Eat as many eggs as you wish

FISH AND SHELLFISH
• Tuna
• Salmon
• Catfish
• Bass
• Trout
• Shrimp
• Scallops
• Crab
• Lobster

SALAD GREENS
2 c./day max
• Arugula
• Bok choi
• Cabbage (all varieties)
• Chard
• Chives
• Endive
• Greens (all varieties, including beet, collards, mustard, and turnip)
• Kale
• Lettuce (all varieties)
• Parsley
• Spinach
• Radicchio
• Radishes
• Scallions (spring onion)
• Watercress

FIBROUS VEGETABLES 1 c./day max
• Artichokes
• Asparagus
• Broccoli
• Brussels sprouts
• Bamboo shoots
• Bean sprouts
• Cauliflower
• Celery
• Celeriac (celery root)
• Chayote
• Cucumber

• Edamame beans
• Eggplant (aubergine)
• Green beans (string beans)
• Jicama
• Mushrooms
• Okra
• Pepper
• Pumpkin
• Snow peas
• Sprouts (bean and alfalfa)
• Sugar snap peas
• Summer squash
• Tomatoes
• Turnip
• Zucchini (courgette)

FATTY VEGETABLES
• Black or Green Olives - up to 6 a day
• Avocado – ½ a fruit a day

CHEESE Up to total 4 ounces a day
• Swiss and Cheddar, Brie, mozzarella, Gruyere, cream cheese, goat

CREAM Up to 2 TBSP/day
• Includes heavy, light, or sour cream
• Not half and half
• Not condensed or evaporated milk

MAYONNAISE Up to 2 TBSP/day

BERRIES limited (ex:. .25 cup/day)
• Blueberries
• Strawberries
• Raspberries
• Blackberries
• Huckleberries
• Salmon berries
• Gooseberries

CONDIMENTS
• Lemon/Lime Juice: Up to 4 tsp/day
• Yellow Mustard: Up to 2 TBSP/day
• Soy Sauces: Up to 4 TBSP/day
• Salt and vinegar No Restrictions
• Ketchup/BBQ sauce – low carb versions only

PICKLES
• Recipes with dill or garlic pickle usually have no added sugar
• Pickled eggs (For the Brits)
• Avoid pickled food with added sugars.

SNACKS
• Pork rinds/skins
• Pepperoni slices
• Ham slices
• Beef slices
• Turkey or chicken roll / slices
• Other meat roll-ups
• Deviled eggs
NOT ALLOWED
- Beans and legumes (pinto, lima, black beans, peas etc)
- White sugar
- Sugar
- Rice
- Honey
- Root vegetables – particularly carrots, parsnips, corn, potatoes, fries, potato chips
- Maple syrup
- Crackers
- Molasses
- Corn syrup
- Beer (contains barley malt)
- Milk (contains lactose)
- Flavored yogurts (usually have a lot of sugar)
- Fruit juice
- Dried Fruit
- Processed fruit
- Grains (even "whole" grains), Cereals
- Flour
- Cornstarch
- Breads
- Pastas
- Muffins
- Bagels

Fats and Oils
- All fats and oils, butter, are allowed.
- Coconut oil, butter, or lard is recommended for cooking as these are most stable at high temperatures.
- Reusing oil is not recommended – high temperatures damage fat molecules – particularly ones with high amounts of polyunsaturated fatty acids.
- Olive oil is recommended for cold dressings.
- Avoid margarine or any food containing hydrogenated oils also known as trans-fats – they are clearly proven to be a major cause of heart disease.
- For salad dressings, the ideal dressing is a homemade oil-and-vinegar dressing, with lemon juice and spices as needed.
- Blue-cheese, ranch, Caesar, and Italian are also acceptable if the label says 1 to 2 grams of carbohydrate per serving or less.

Quantities
- Eat when you are hungry; stop when you begin to feel full
- Simply eat when you are hungry; try not to eat more than what will satisfy you
- Learn to listen to your body. A low-carbohydrate diet has a natural appetite-reduction effect to ease you into the consumption of smaller and smaller quantities comfortably
- Do not eat everything on your plate just because it's there
- On the other hand, you should never go hungry or skip meals on purpose!
- You do not need to count calories
- If you are hungry in the morning you should start your day with a nutritious low-carbohydrate meal