

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 choy
- 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

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

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.