

Low carb foods to eat

Any kind of lettuce
Asparagus
Broccoli
Brussels Sprouts
Cabbage
Cauliflower
Celery
Cucumber
Sauerkraut

Garlic
Leafy Greens
Mushrooms
Okra
Olives
Onions
Peppers
Radishes

Spinach
Tomatoes
Zucchini
Green Beans
Sauerkraut
Dill or sour Pickles
Avocado
Lemon and Lime

Fruits (small amounts)

Raspberry or blackberry

Blueberry

Strawberry

Meats

Beef
Turkey
Sausages
Bacon
Fish
Shrimp
Hamburger

Pork
Any kind of meat
Pepperoni
Deli meat
Sardines
Lobster
Italian and other sausage

Chicken
Salami and cold cuts
Hot Dogs
Liver
Tuna
Seafood
Sardines

Spices

Salt
Italian Seasoning
Mustard

Pepper
Garlic powder
Hot Sauce

Nearly any spice
Chili Powder

Oils and Fats

Avocado Oil
Olive Oil

Coconut Oil
Butter

Lard

Nuts (small amounts)

Almonds
Sunflower Seeds

Pecans
Macadamia Nuts

Walnuts
Hazelnuts

Drinks

Coffee
Lemon and lime juice in water

Un-sweet Tea
Soda water

Water
Bubbly Sparkling Water

Dairy

Cheese
Heavy Creme

Cottage Cheese

Sour Creme

Other

Pork Rinds
Apple Cider Vinegar
Dark chocolate (small amounts)

Beef Jerky (without added sugar)
Eggs (are very good for you)
Fish Oil

Pickles (not sweet pickles)
Eggs any style
Mustard

Sheet 1

Hot Sauce

Heavy Creme

Salad Dressings

Full fat Ranch

Italian

Mayonaise

Salt food to taste, drink adequate water

Vitamins & Minerals that might be needed

Vitamins D3 and K2

Potassium

Magnesium

Foods to Avoid on a low Carb Diet

Any kind of sugar in any food

Fructose

Corn Syrup

Honey

Brown Sugar

If it is sweet, you don't want it

Wheat and bread of any kind

Rice

Oats

Barley

Bran

Avoid highly processed foods

Bread
Waffles
Crackers
Ketchup
Cookies
Cereal

Potato Chips
Candy
Tortilla Chips
BBQ Sauce
Cake
Most sauces

Ice Cream
Pancakes
Pretzels
Most Dressings and condiments
Snack Bars

Fruits to avoid

Apples
Pears
Watermelon
Bananas

Oranges
Peaches
Cantaloupe
Cherries

(they are high in fructose)
Canned Fruit
Grapes
Kiwi
Fig or Date

Drinks to Avoid

Sodas (other than sparkling water)
Milk
Diet Sodas

Sports Drinks
All Alcohol
Regular Sodas

Juices
Sweet tea or sweet coffee

Vegetables to avoid

All Beans (except green beans)
Corn
Sweet Pickles

Peas (you can have half portion)
Canned Soups
Sweet Relish

Potatoes (mashed, fried or otherwise)
Carrots

These vegetables to avoid is assuming a very low/ketogenic diet of less than 20 grams per day carbs
Some whole food vegetables could be included in modest portions for up to 120 grams per day

Note: This is a low carbohydrate food list – NOT medical advice.
Get medical advice from your doctor or health care professional