

## 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

## Sheet1

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

Honey

Wheat and bread of any kind

Barley

Fructose

Brown Sugar

Rice

Bran

Corn Syrup

If it is sweet, you don't want it

Oats

### 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