

LOW CARB FOOD LIST

Veggies (net carbs per cup)

All leafy greens (0.5- 1.2 g) Green beans (4.3 g)

Celery (1.4 g) Brussel sprouts (4.6 g)

Cucumber (3.2 g) Green onions (4.7 g)

Radishes (2 g) Snow peas (4.9 g)

Mushrooms (2.2 g) Onion (8.6 g)

Zucchini (2.4 g)

Cabbage (3 g)

Cauliflower (3.2 g)

Fruits (per half cup)

One avocado (3.2 g)

Olives (2.2 g)

Blackberries (3.1 g)

Raspberries (3.3 g)

Strawberries (4.3 g)

Cranberries (4.6 g)

Tomatoes (4.8 g)

Baking Ingredients

Flaxseed meal (2 Tbsp - 0 carbs)

Protein powder (whey, collagen, etc.)
(1 scoop, 0 carbs)

Psyllium husk powder (1 tsp, 0 carbs)

Cocoa powder (1 Tbsp, 1.1 g)

Peanut flour (1/4 cup, 2 g)

Almond flour (1/4 cup, 23g)

Unsweetened chocolate chips (1 oz, up to 3.4 g)

Coconut flour (1/4 cup, 4 g)

Low Carb Nuts and Seeds List (per 1/4 cup)

Pecans (1 g)

Almonds (3 g)

Sunflower seeds (1.3 g)

Pine nuts (3.2 g)

Brazil nuts (1.4 g)

Hemp seeds (1.4 g)

Pumpkin seeds (1.6 g)

Macadamia nuts (1.7 g)

Walnuts (2 g)

Chia seeds (1 oz, 2.1 g)

Protein Foods

One egg (0 carbs)

Beef (0 carbs)

Lamb (0 carbs)

Pork (0 carbs)

Poultry (0 carbs)

Game meat (0 carbs)

Deli meats (0-1 g)

Fish and shellfish (0-2 g)

Dairy Food List

Soft and hard cheeses (1 oz, 0-1.5 g)

Heavy cream (1 Tbsp, 0.4 g)

Sour cream (1 Tbsp, 0.6 g)

Half and half (1 Tbsp, 0.7 g)

Cream cheese (1 Tbsp, 0.8 g)

Whole milk and yogurt (1/2 cup, 3.7 g)