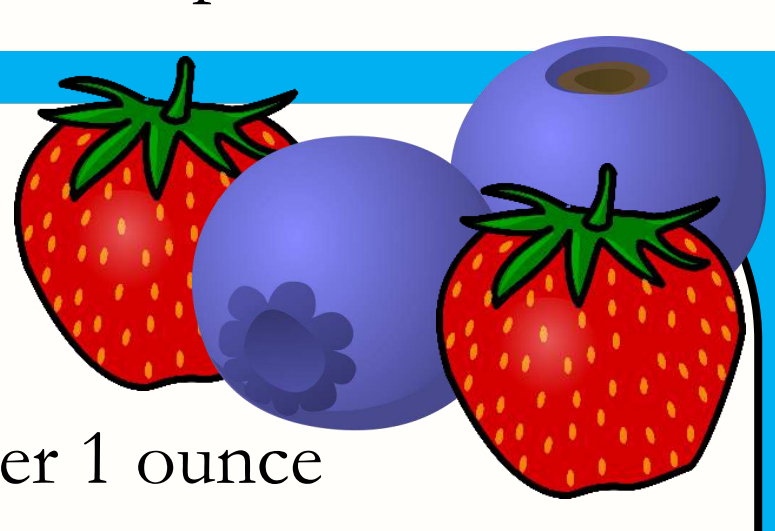
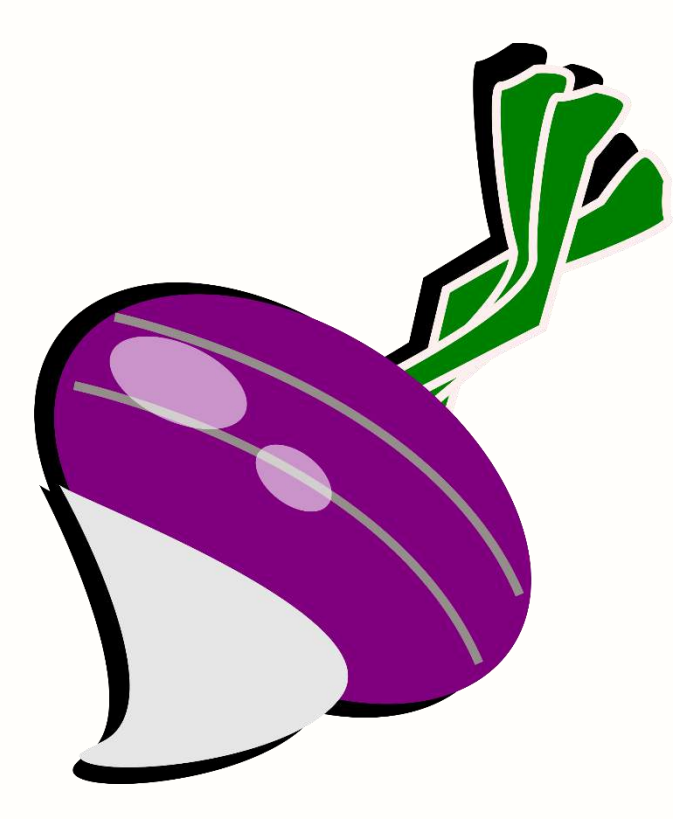
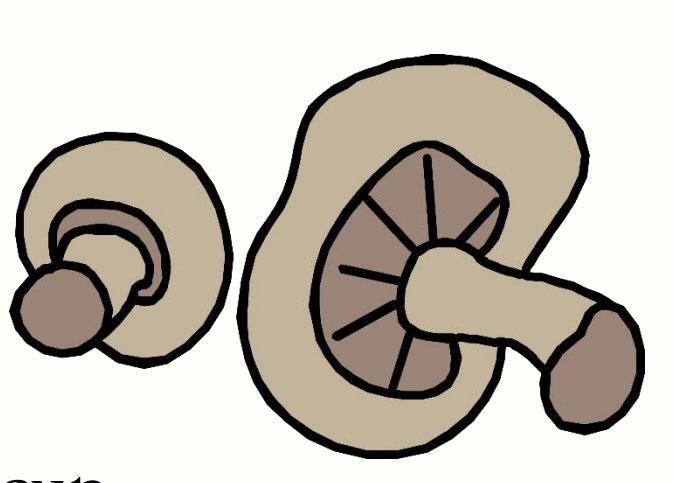
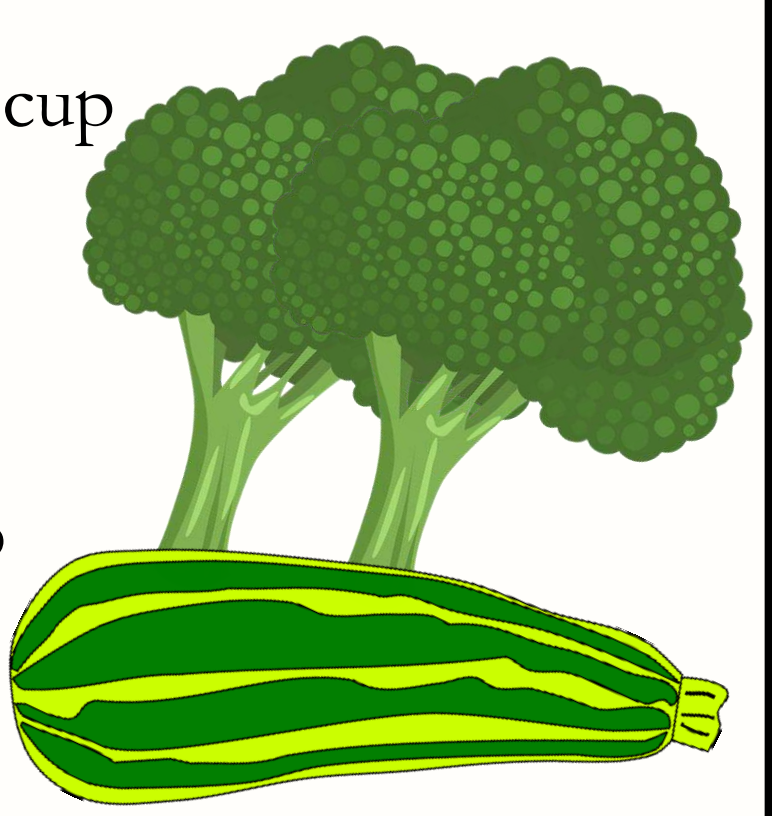
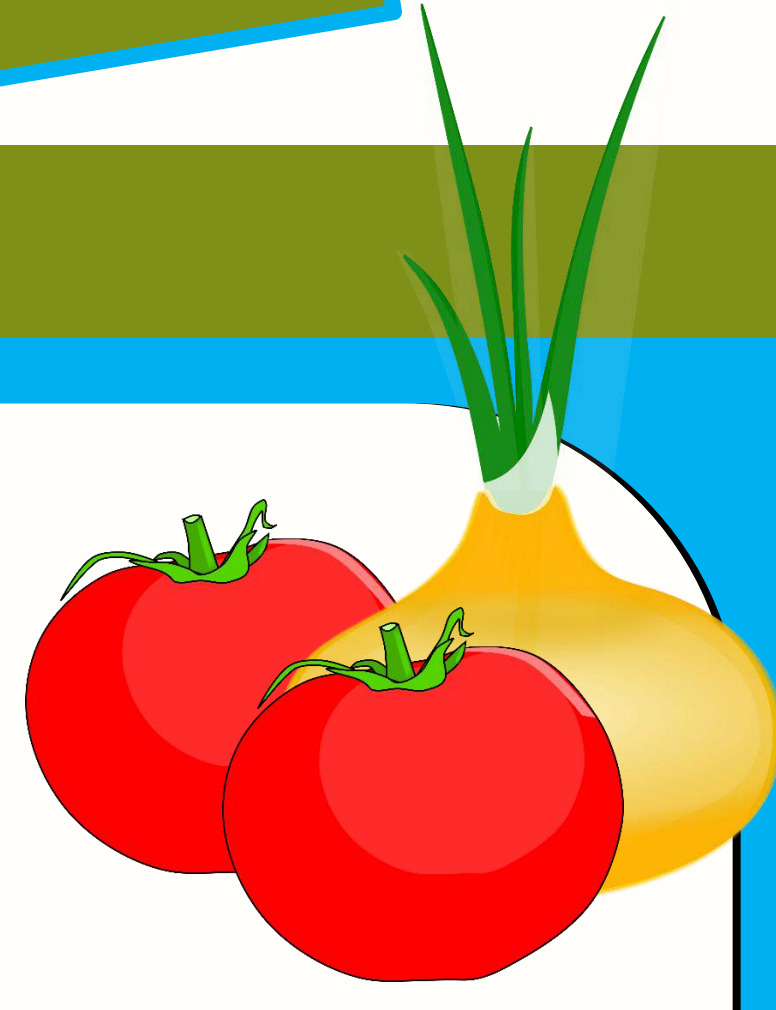


VEGETABLES

- Alfalfa Sprouts - .4 grams per cup
- Daikon - 1 gram per 1/2 cup
- Endive - >1 gram per ounce
- Escarole - >1 gram per ounce
- Arugula - .2 grams per 1/2 cup
- Bok Choy - .8 grams per 1 cup/raw
- Celery - .8 grams per 1 stalk
- Chicory Greens - .6 grams per 1/2 cup
- Green Onions - .1 per 1 tablespoon
- Cucumber - 1 gram per 1/2 cup sliced
- Fennel - 3.6 grams per 1 cup
- Iceberg Lettuce - .1 grams per 1/2 cup
- Jicama - 2.5 grams per 1/2 cup
- Parsley - >1 gram per ounce
- Bell Peppers - 2.3 grams per 1/2 cup
- Radicchio - .7 grams per 1/2 cup
- Radishes - .9 grams per 10 pieces
- Romaine Lettuce - .2 grams per 1/2 cup
- Artichoke (1/4 Steamed) - 4 grams
- Artichoke Hearts In Water - 2 grams per 1 heart
- Asparagus - 2.4 grams per 6 spears
- Bamboo Shoots - 1.1 grams per 1 cup
- Broccoli - 1 gram per 1/2 cup
- Brussels sprouts - 2.4 grams per 1/4 cup
- Cabbage - 2 grams per 1/2 cup
- Cauliflower - 2 grams per 1 cup
- Chard - 1.8 grams per 1/2 cup
- Collard Greens - 4.2 grams per 1/2 cup
- Eggplant - 1.8 grams per 1/2 cup
- Hearts of Palm - .7 grams per 1 heart
- Kale - 2.4 grams per 1/2 cup
- Kohlrabi - 4.6 grams per 1/2 cup
- Leeks - 1.7 grams per 1/4 cup
- Mushrooms - 1 gram per 1/2 cup
- Okra - 2.4 grams per 1/2 cup
- Black Olives (10 small, 5 large, or 3 jumbo olives) - 1 gram
- Onions - 2.8 grams per 1/4 cup
- Pumpkin - 2.4 grams per 1/4 cup
- Sauerkraut - 1.2 grams per 1/2 cup
- Spinach - .2 grams per 1/2 cup
- Summer Squash - 2 grams per 1/2 cup
- Tomato (1 medium) - 4 grams
- Cherry Tomatoes - 4 grams per cup
- Turnips - 2.2 grams per 1/2 cup



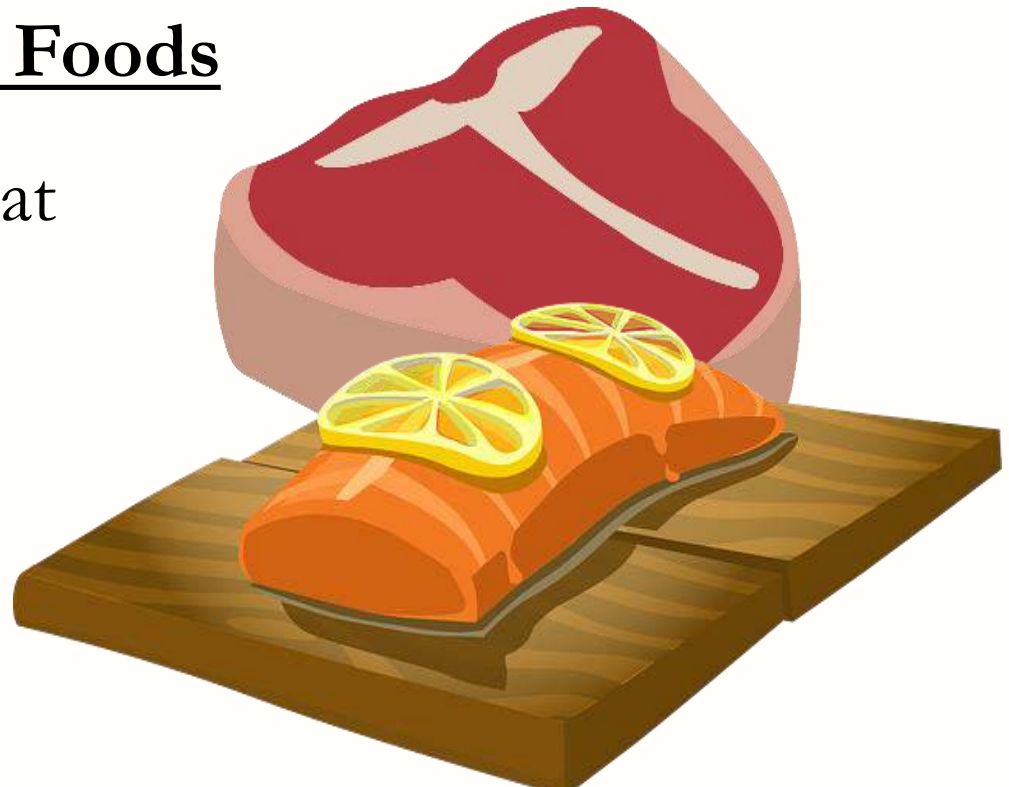
FRUITS

- Limes - 2 grams per 1 ounce
- Lemons - 2 grams per 1 ounce
- Rhubarb - 1.7 grams per 1/2 cup
- Avocado - 4.8 grams each
- Apricots - 5 grams per fruit
- Strawberries - 11 grams per cup
- Blackberries - 7 grams per cup
- Raspberries - 5 grams per cup
- Red Grapefruit - 9 grams per 1/2 fruit

MEAT/FISH POULTRY

Zero Carb Foods

- All Red Meat
- Chicken
- Turkey
- Pork
- Veal
- Lamb
- Fowl (duck, goose, hen, quail)
- Organ Meats (tongue, brains, liver, heart, and kidneys)
- Game Meats (ostrich, venison, caribou, bison, and elk)
- Exotic Meats (such as ostrich and emu)
- Cold Cuts and Bacon (read label some have added sugar)



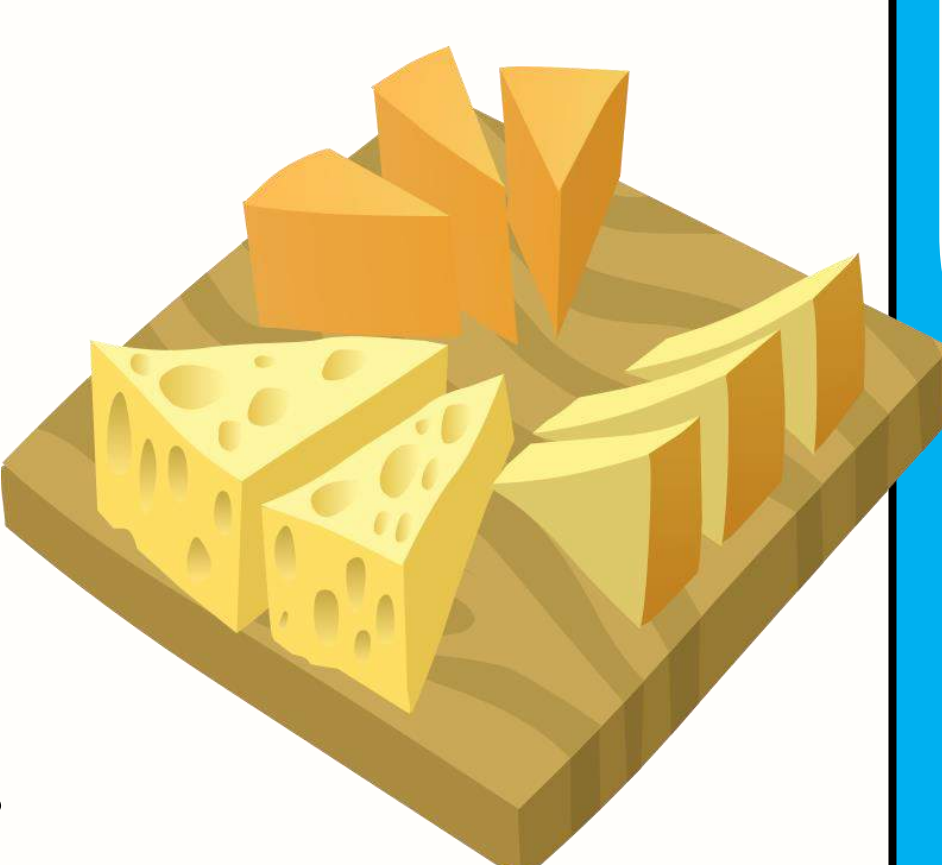
CHEESE/DAIRY

- Egg White - .3 grams
- Egg Yolk - .3 grams
- Whole Egg - .6 grams
- Heavy Cream - .5 to .7 grams per tablespoon
- Half-and-Half - .5 to 1 grams per tablespoon
- Plain Full Fat Greek Yogurt - 9 grams per cup
- Full Fat Sour Cream (4 tbsp.) - 2 grams
- Unsweetened Almond Milk - >1 gram per cup



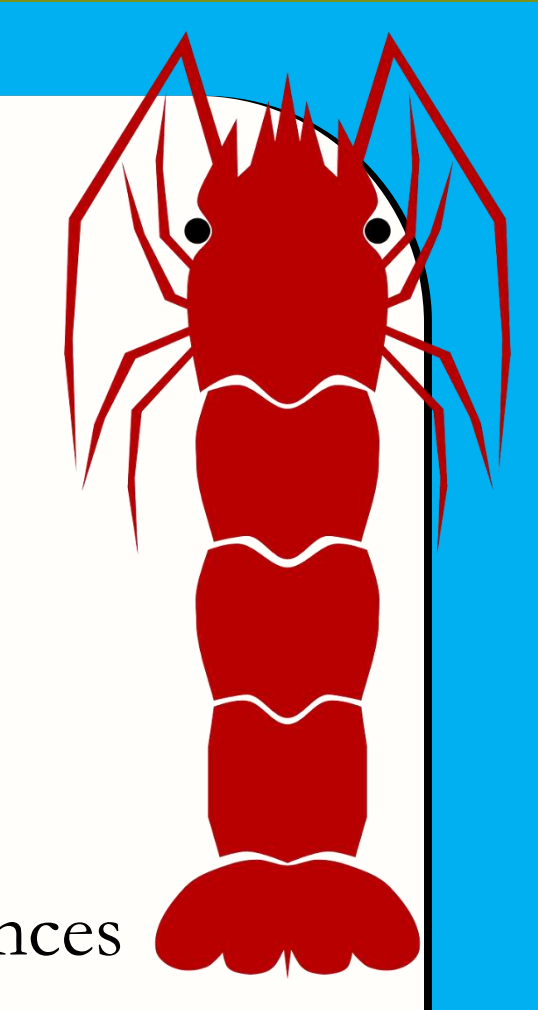
Cheeses In 1 Ounce Portions

- Gruyère Cheese - .1 grams
- Cheddar - .5 gram
- Fontina - .4 grams
- Havarti - .7 grams
- Parmesan - .9 grams
- Gouda - .6 grams
- Mozzarella - .6 grams
- Ricotta - .8 grams
- Blue Cheese - 1 gram
- Edam - .4 grams
- Monterey - .1 grams
- Muenster - .3 grams
- Provolone - .6 grams
- Neufchatel - .1 to .8 grams



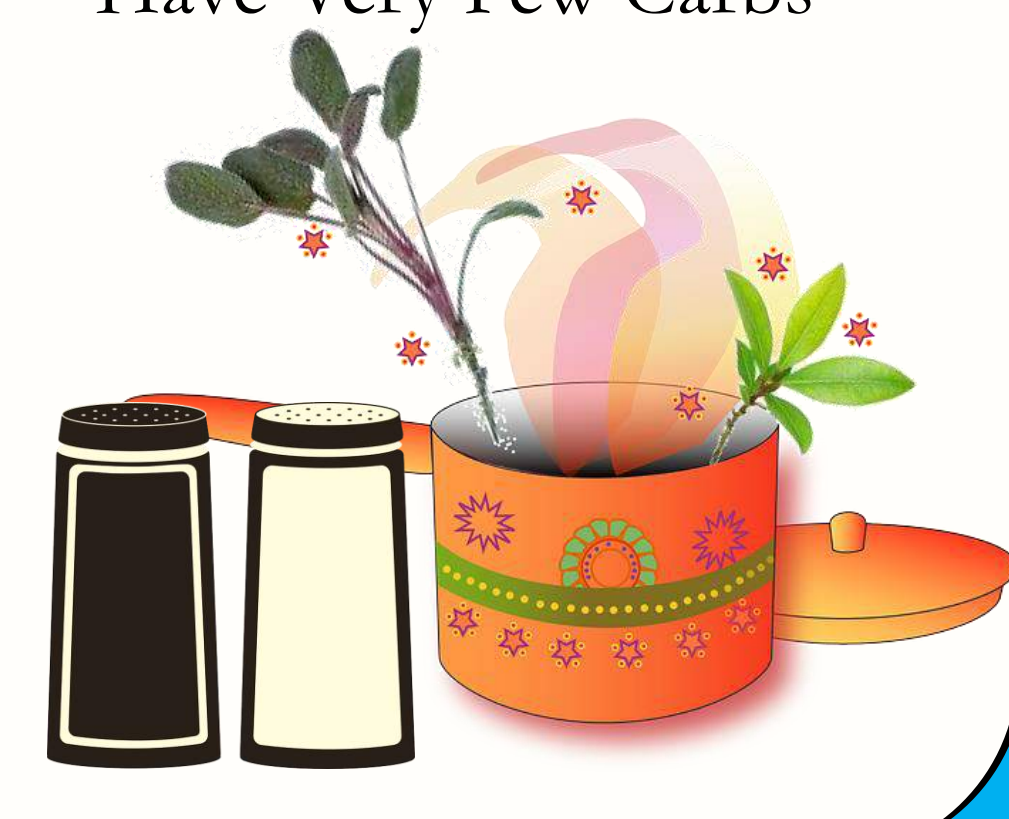
SEAFOOD

- Shrimp - 0 Carbs
- Crawfish - 0 Carbs
- Crab - 0 Carbs
- Lobster - 2 grams per 6 ounces
- Mussels - 8.4 per 6 ounces
- Oysters - 12.4 per 6 ounces
- Scallops - 3.9 per 6 ounces
- Clams - 8.7 grams per 6 ounces
- Squid - 7 grams per 6 ounces



HERBS/SPICES

All Herbs And Spices Have Very Few Carbs



FATS AND DRESSING

- Grass Fed Butter - 0 Carbs
- Mayonnaise - 0 Carbs
- Oils - 0 Carbs (olive, avocado, and coconut oils for general use. Cold-pressed or expeller-pressed canola, peanut, and grapeseed oils are good for stir-fries)
- Blue Cheese Dressing (2 tbsp.) - 2.3 grams
- Italian Dressing (2 tbsp.) - 3 grams
- Cesar Dressing (2 tbsp.) - .5 grams
- Ranch Dressing (2 tbsp.) - 1.4 grams
- 100 Island Dressing (2 tbsp.) - 4.8 grams



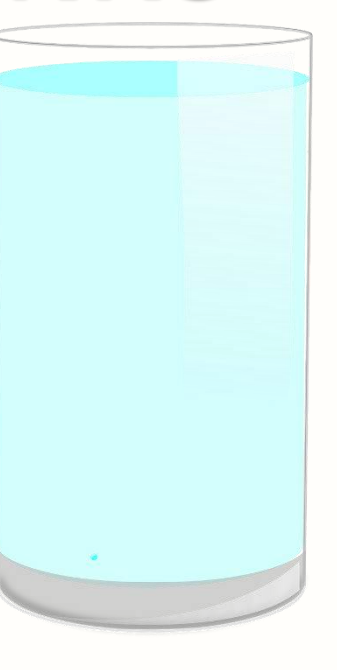
NUTS/SEEDS

- Almonds (2 tbsp. whole) - 1.4 grams
- Peanuts (2 tbsp.) - 1.8 grams
- Hazelnuts (2 tbsp. chopped) - 1 gram
- Macadamia Nuts (2 tbsp. chopped) - .9 grams
- Pecans (2 tbsp. chopped) - .6 grams
- Pine Nuts (2 tbsp.) - 1.7 grams
- Pistachio Nuts (2 tbsp.) - 3.1 grams
- Walnuts (2 tbsp. chopped) - 1.1 grams
- Pumpkin Seeds - 5 grams per ounce
- Sunflower Seeds (2 tbsp.) - 1.5 grams
- Almond Butter - 3 grams per tablespoon
- Peanut Butter - 2.4 grams per tablespoon



ZERO CARB DRINKS

- Water
- Unsweetened Tea
- Unsweetened Coffee
- Club Soda
- Diet Soda (be cautious as artificial sweeteners can affect low carb weight loss)
- Sugar Free Sparkling Water
- No-Calorie Flavored Seltzers
- Herbal Tea (without added barley or fruit sugars)



LOW CARB IS GOOD FOR WEIGHT LOSS

MISCELLANEOUS

- Shirataki Noodles - 0 Carbs
- White Vinegar - 0 Carbs
- Balsamic Vinegar - 0 Carbs
- Red Wine Vinegar - 0 Carbs
- Rice Vinegar (seasoned) 3 grams per tbsp.
- Soy Sauce - 1 gram per tablespoon
- Mustard - 0 Carbs
- Unflavored, powdered gelatin (use as a binder in recipes) - 0 Carbs
- Most Hot Sauces - 0 Carbs
- Turkey or Beef Jerky (not teriyaki flavor) - 3 grams per ounce
- Kale Chips - 8-12 grams per ounce
- Coconut Flakes - 4 grams per ounce
- Pickles - 1 gram per pickle



ZERO CARB ALCOHOLIC DRINKS

- Gin ♦ Rum ♦ Vodka ♦ Whiskey ♦ Martini ♦ Tequila

