

Low Carb Foods

Protein	Fat	Carbs
Eggs	American cheese	Broccoli
Beef	Avocado	Tomatoes
Ground beef	Coconut oil	Onions
Ribeye steak	Greek yogurt	Brussel sprouts
Lamb	Cottage cheese	Cauliflower
Chicken breast	Olive oil	Kale
Chicken Wings	Almonds	Eggplant
Chicken Tighs	Brazil nuts	Cucumber
Pork	Cashews	Bell Peppers
Bacon (not cured with Sugar)	Macadamia nuts	Asparagus
Home made Meat Jerky	Pistachios	Green beans
Turkey	Walnuts	Mushrooms
Veal	Chia seeds	Celery
Venison	Flaxseeds	Spinach
Bison	Pumpkin seeds	Zucchini
Salmon	Sesame seeds	Cabbage
Trout	Butter	Avocado
Sardines	Cream	Olives
Shellfish	Olives	Strawberries
Shrimp	Dark chocolate	Grapefruit
Haddock	Cocoa	Apricots
Lobster	Cream cheese	Lemons
Herring	Gouda cheese	Limes
Tuna	Feta Cheese	Kiwis
Cod	Mozarella (whole milk)	Oranges
Catfish	Parmesan	Mulberies
Halibut	Coconut butter	Raspberies
Low carb Protein Shakes	Mayonnaise	Blackberries

Seasoning:	Salt, pepper, parsley, basil, mint, oregano, cilantro, paprika, cumin and curry
Beverages:	Water, coffee, tea and club soda. All without sugar or with stevia instead of it.
Alcohol:	Straight gin, rum, vodka, whisky, tequila, brandy and cognac