

Enjoy



Protein

- beef
- deli meats*
- eggs
- game
- lamb
- poultry
- pork
- sausages*
- seafood
- tofu, tempeh, natto*

Vegetables

- artichoke
- asparagus
- avocado
- bok choy
- broccoli
- Brussels sprouts
- cabbage
- cauliflower
- celery
- cucumber
- eggplant
- fennel
- garlic
- green beans
- hearts of palm
- herbs
- jicama
- kohlrabi
- leafy greens
- leeks
- mushrooms
- okra
- olives
- onions
- peppers
- pickles*
- pumpkin
- radishes
- rhubarb
- rutabaga
- shallots
- snow peas
- sprouts
- squash
- sugar snap peas
- tomatillos
- tomato
- turnip
- zucchini

Beverages

Water: Still or sparkling water, with a slice of lemon or lime, if you like

Coffee and tea: with a little cream, if you prefer

Full-fat dairy

- butter
- cheeses of all kinds
- cottage cheese
- cream cheese
- ghee
- heavy cream
- mascarpone
- ricotta
- sour cream
- yogurt – plain, full-fat

Natural fats

- avocado oil
- chicken fat (schmaltz)
- coconut milk
- coconut oil
- full-fat salad dressings*
- ghee
- lard and tallow
- mayonnaise
- nuts and nut butters
- nut oils of all types
- olive oil
- sesame oil

**no sugars or starches added*

Limit or avoid

Sugar

Sugar is in soft drinks, candy, juice, sports drinks, chocolate, cakes, pastries, sweetened yogurts, ice cream, and breakfast cereals.

Low-fat and fat-free milks contain milk sugar. Sugar can also hide in many products. Read labels carefully to avoid hidden sugars.

Starch

Starches include bread, cereal, pasta, rice, potatoes, French fries, potato chips, bagels, crackers, legumes (most dried beans), porridge, oatmeal, and muesli.

Starchy foods turn into sugar when they are digested. This includes whole-grain and whole-wheat products.

Fruit

Most fruit contains a lot of sugar. Tart fruit, such as berries, lemons, and limes, or fruit with a high water content, such as melons, are okay in moderate or small amounts.

Alcohol and sweeteners

Some low-carb alcohols, such as dry wines, spirits without sweet mixers, and low-carb beer, are okay in moderation. Diet sodas, dark chocolate, and non-caloric sweeteners can be used occasionally. However, some people find progress toward health goals is slowed or halted with these items.



Make low carb simple and delicious with Diet Doctor Plus. Get access to all recipes, meal plans, shopping lists and much more. Try it for free: dietchdoctor.com/plus