# Meal planning with carbohydrate-reduced diets

## Pick a Protein

- **Meat**  
  Ground beef, steak, beef or pork roast, pork chops, beef or pork ribs, lamb, chicken, turkey, duck

- **Deli meats***  
  Bacon, hotdogs, sausage, luncheon meats of all varieties, Spanish chorizo, pastrami, salami, pepperoni, pancetta, soppresotto

- **Canned meats**  
  Tuna, salmon, chicken, ham, crab

- **Organ meat**  
  Liver, heart, tripe, gizzards

- **Fish**  
  Salmon, trout, cod, tuna, and all other varieties

- **Seafood**  
  Scallops, shrimp, crab, mussels, lobster, octopus, oysters, squid

- **Eggs**

- **Plant-based protein**  
  Tofu, tempeh, natto, black soybeans

## Pick one or two Veggies

- Asparagus
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Fennel
- Green beans
- Greens of all types
- Jicama
- Leeks
- Lettuces of all types
- Mushrooms
- Okra
- Onions
- Peppers
- Pumpkin
- Radishes
- Shallots
- Snow peas
- Spinach
- Sprouts
- Squash
- Sugar snap peas
- Tomatoes
- Turnips
- Zucchini

## Add Fat for flavor

- **Nut oils**  
  Coconut, olive, avocado, sesame, hazelnut, macadamia nut, walnut, almond

- **Non-dairy fats**  
  Lard, ghee, tallow, duck fat, schmaltz (chicken fat), coconut cream, coconut milk

- **Dairy**  
  Butter, cream, sour cream, heavy cream, cream cheese, Greek yogurt, mascarpone, ricotta, cottage cheese

- **Full-fat salad dressings***  
  Ranch, blue cheese, Italian

- **Full-fat cheeses**  
  Cheddar, Brie, mozzarella, Swiss, provolone, Parmesan, blue, Gouda, and many other varieties

- **Sauces***  
  Hollandaise, Bearnaise, pesto, mayonnaise, aioli

- **Other**  
  Nuts, seeds, avocados, olives

*Look for ones without starchy fillers or added sugars.*