






Protein

low-carb Veggies

Fats for flavor and satiety

Pick 1	Pick 1 or 2	Add
<p>Meat Ground beef, steak, beef or pork roast, pork chops, beef or pork ribs, lamb, chicken, turkey, duck</p>  <p>Deli meats* Bacon, hotdogs, sausage, luncheon meats of all varieties, Spanish chorizo, pastrami, salami, pepperoni, pancetta, soppressetto</p> <p>Canned meats Tuna, salmon, chicken, ham, crab</p> <p>Organ meat Liver, heart, tripe, gizzards</p> <p>Fish Salmon, trout, cod, tuna, and all other varieties</p>  <p>Seafood Scallops, shrimp, crab, mussels, lobster, octopus, oysters, squid</p>  <p>Eggs</p>  <p>Plant-based protein Tofu, tempeh, natto, black soybeans</p>	<p>Asparagus</p> <p>Bok choy</p> <p>Broccoli</p>  <p>Brussels sprouts</p> <p>Cabbage</p> <p>Cauliflower</p> <p>Celery</p> <p>Cucumber</p> <p>Eggplant</p> <p>Fennel</p> <p>Green beans</p> <p>Greens</p> <p>Jicama</p> <p>Leeks</p> <p>Lettuces</p> <p>Mushrooms</p> <p>Okra</p> <p>Onions</p> <p>Peppers</p> <p>Pumpkin</p> <p>Radishes</p>  <p>Shallots</p> <p>Snow peas</p> <p>Spinach</p> <p>Sprouts</p> <p>Squash</p> <p>Sugar snap peas</p> <p>Tomatoes</p>  <p>Turnips</p> <p>Zucchini</p>	<p>Nut oils Coconut, olive, avocado, sesame, hazelnut, macadamia nut, walnut, almond</p> <p>Non-dairy fats Lard, ghee, tallow, duck fat, schmaltz (chicken fat), coconut cream, coconut milk</p>  <p>Dairy Butter, cream, sour cream, heavy cream, cream cheese, Greek yogurt, mascarpone, ricotta, cottage cheese</p> <p>Full-fat salad dressings* Ranch, blue cheese, Italian</p> <p>Full-fat cheeses Cheddar, Brie, mozzarella, Swiss, provolone, Parmesan, blue, Gouda, and many other varieties</p>  <p>Sauces* Hollandaise, Bearnaise, pesto, mayonnaise, aioli</p> <p>Other Nuts, seeds, avocados, olives</p> 

*Look for ones without starchy fillers or added sugars.