

ULTIMATE low-carb food list



vegetables

- Asparagus** - 3 grams per cup
- Broccoli** - 6 grams per cup
- Cauliflower** - 5 grams per cup
- Cucumber** - 4 grams per cup
- Eggplant** - 5 grams per cup
- Mushrooms** - 3 grams per cup
- Radishes** - 4 grams per cup
- Tomatoes** - 7 grams per cup
- Zucchini** - 4 grams per cup

leafy greens

- Arugula** - 0.8 grams per cup
- Cabbage** - 5 grams per cup
- Kale** - 7 grams per cup
- Lettuce** - 2 grams per cup
- Spinach** - 4 grams per cup

fruits

- Avocado** - 13 grams per cup
- Blackberries** - 6 grams per cup
- Olives** - 16 grams per cup
- Raspberries** - 15 grams per cup
- Strawberries** - 11 grams per cup
- Watermelon** - 12 grams per cup

meats

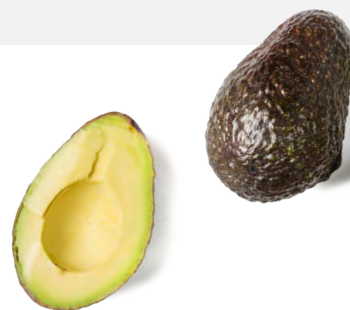
- Beef** - 0 grams per oz
- Chicken** - 0 grams per oz
- Lamb** - 0 grams per oz
- Pork** - 0 grams per oz

seafood

- Salmon** - 0 grams per oz
- Sardines** - 0 grams per oz
- Shellfish** - 2-4 grams per oz
- Trout** - 0 grams per oz

dairy

- Butter/Ghee** - 0 grams per oz
- Cheeses** - 0-1.5 grams per oz
- Eggs** - 0 grams per egg
- Full-Fat Yogurt** - 6 grams per cup
- Heavy Cream** - 8 grams per cup



nuts and seeds

Almonds - 6 grams per oz

Cashews - 9 grams per oz

Chia Seeds - 12 grams per oz

Peanuts - 5 grams per oz

Walnuts - 4 grams per oz

healthy fats and oils

Avocado Oil - 0 grams per tbsp

Coconut Oil - 0 grams per tbsp

Olive Oil - 0 grams per tbsp

MCT Oil - 0 grams per tbsp

seasonings

Cinnamon - 0.7 grams per tbsp

Common Herbs - 0.3 grams per tbsp

Pepper - 0 grams per tbsp

Salt - 0 grams per tbsp

Vinegar - 0 grams per tbsp

drinks

Almond Milk - 0 grams per cup

Bone Broth - 0 grams per cup

Coffee - 0 grams per cup

Tea - 0 grams per cup

Water - 0 grams per cup

notes

