



Zero Carb Foods

*to eat anytime

Proteins

- ◇ Tuna
- ◇ Halibut
- ◇ Salmon
- ◇ Tilapia
- ◇ Cod
- ◇ Flounder
- ◇ Sardines
- ◇ Mussels
- ◇ Crab
- ◇ Organ Meats
- ◇ Beef, grass-fed
- ◇ Chicken
- ◇ Lamb
- ◇ Bacon (w/o sugar)
- ◇ Pork
- ◇ Turkey Meat
- ◇ Veal
- ◇ Eggs

Herbs, Spices, Seeds

- ◇ Herbs
- ◇ Spices
- ◇ Vinegar
- ◇ Flax Seeds

Fats, Oils

- ◇ Butter, grass-fed
- ◇ Ghee
- ◇ Chicken Fat
- ◇ Avocado Oil
- ◇ Coconut Oil
- ◇ Duck Fat
- ◇ Flaxseed Oil
- ◇ Walnut Oil
- ◇ Macadamia Oil
- ◇ Red Palm Oil
- ◇ Coconut Oil
- ◇ Olive Oil

Drinks

- ◇ Water (plain)
- ◇ Sparkling Water
- ◇ Herbal Tea
- ◇ _____
- ◇ _____
- ◇ Tea (black, green)
- ◇ Coffee
- ◇ _____
- ◇ _____

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Low Carb Foods

*to eat occasionally

Non-Starchy Veggies (1-4 Carbs)

- ◇ Arugula
- ◇ Chard
- ◇ Spinach
- ◇ Endive
- ◇ Kale
- ◇ Broccoli
- ◇ Cabbage
- ◇ Brussels Sprouts
- ◇ Avocado
- ◇ Cauliflower
- ◇ Celery
- ◇ Zucchini
- ◇ Olives
- ◇ Chives
- ◇ Cucumbers
- ◇ Parsley
- ◇ Lettuce
- ◇ Radish

Full-Fat Organic Dairy (4+ Carbs)

- ◇ Full-Fat Cow Milk
- ◇ Sour Cream
- ◇ Yogurt
- ◇ _____
- ◇ Full-Fat Cheeses
- ◇ Cream
- ◇ Kefir
- ◇ _____

Nuts, Seeds (4-8 Carbs)

- ◇ Brazil Nuts
- ◇ Pumpkin Seeds
- ◇ Macadamia Nuts
- ◇ Chia Seeds
- ◇ Flaxseed Oil
- ◇ Pine Nuts
- ◇ Pecans
- ◇ Walnuts

Drinks (w/o sugar)

- ◇ Almond Milk
- ◇ Coconut Milk
- ◇ Broth
- ◇ _____
- ◇ _____
- ◇ Veggie Juice
- ◇ Water with Lemon
- ◇ _____
- ◇ _____