

# LOW CARB FOOD LIST

# SUGAR FREE FOODS

## FOR BEGINNERS

### PROTEINS + MEATS

- **EGGS** - SCRAMBLED, HARD/SOFT BOILED, POACHED AND FRIED ARE ALL GOOD WAYS TO COOK AN EGG. FREE RANGE ARE BEST.
- **FISH** - CATFISH, COD, FLOUNDER, HALIBUT, MACKEREL, MAHI-MAHI, SALMON, SNAPPER, TROUT, AND TUNA. WILD CAUGHT IS BEST.
- **NUT BUTTER** - A GREAT ALTERNATIVE SOURCE OF PROTEIN. ALMOND BUTTER, PEANUT BUTTER, SUNFLOWER SEED BUTTER, ETC.. ALWAYS SHOP FOR NATURAL NUT BUTTER WITHOUT ADDED SUGAR.
- **BEEF** - GROUND BEEF, ROASTS, STEAK, AND STEW MEAT.
- **BACON/SAUSAGE** - ALWAYS CHECK FOR ADDED SUGARS, OR CURED IN SUGAR - SKIP THESE.
- **ORGAN MEATS** - KIDNEYS, TONGUE, HEART AND LIVER. THESE CONTAIN HIGH AMOUNTS OF NUTRIENTS.
- **POULTRY** - CHICKEN, TURKEY, DUCK, QUAIL, PHEASANT, GOOSE, OR OTHER WILD GAME.
- **PORK** - HAM, PORK CHOPS, PORK LOIN, GROUND PORK AND TENDERLOIN. AVOID ANY WITH ADDED SUGARS.
- **SHELLFISH/SEAFOOD** - SQUID, SHRIMP, CLAMS, LOBSTER, OYSTERS, CRAB, SCALLOPS AND MUSSELS.
- **OTHER MEATS/PROTEINS** - VEAL, GOAT AND LAMB.
- **VEGETARIAN/VEGAN PROTEIN SOURCES:** TOFU, TEMPEH, BEANS, HEMP SEEDS, EDAMAME

### FATS, OILS, NUTS + SEEDS

- BUTTER/GHEE
- OLIVE OIL
- AVOCADO OIL
- AVOCADOS
- SUNFLOWER OIL
- SAFFLOWER OIL
- SESAME OIL
- CANOLA OIL
- MCT OIL
- FATTY FISH
- FISH OIL
- COCONUT OIL
- MACADAMIA OIL
- PEANUT OIL
- COCOA BUTTER
- COCONUT BUTTER
- LARD
- TALLOW

#### Low Carb & High Fat Nuts:

- BRAZIL NUTS
- MACADAMIA NUTS
- PECANS

#### Moderate Carb & High Fat Nuts:

- ALMONDS
- PEANUTS
- ALMOND BUTTER
- HAZELNUTS
- PINENUTS
- PEANUT BUTTER
- WALNUTS

#### High Carb Nuts:

- PISTACHIOS
- CASHEWS

### FRUITS + VEGETABLES

- LEMON
- LIME
- CANTALOUPE
- COCONUT (MEAT)
- RASPBERRIES
- BLACKBERRIES
- STRAWBERRIES

- DARK LEAFY GREENS
- GREEN BELL PEPPER
- CUCUMBER
- ZUCCHINI
- SPINACH
- KALE
- SWISS CHARD
- LETTUCE

- EGGPLANT
- TOMATO
- OLIVES
- ASPARAGUS
- CABBAGE
- CAULIFLOWER
- BRUSSELS SPROUTS
- CELERY

NOTE: ANY FRUIT/VEGGIE IS FINE, THESE ARE JUST THE ONES WITH THE LOWEST SUGAR COUNTS.

### CONDIMENTS + SPICES

- MUSTARD
- MAYONNAISE
- AIOLI
- HOT SAUCE (NO SUGAR ADDED)
- GUACAMOLE
- CREAM CHEESE
- SALSA (NO SUGAR IS ADDED)
- MONK FRUIT
- STEVIA
- SWEET LEAF SWEET DROPS
- SOY SAUCE
- VINEGAR
- VINAIGRETTE
- SALT
- PEPPER
- CHILI POWDER
- CURRY POWDER
- BASIL
- CHIVES
- OREGANO
- ROSEMARY
- THYME
- CINNAMON

### SNACKS + DRINKS

- CHEESE
- GREEK YOGURT
- COTTAGE CHEESE
- OLIVES
- EGGS
- POPCORN
- AVOCADO/GUACAMOLE
- NUTS OR SEEDS
- VEGGIES FOR DIPPING (SALSA, HUMMUS)
- ROASTED VEGGIES OR VEGGIE CHIPS
- PICKLED VEGETABLES (NON SWEET)
- CELERY WITH PEANUT BUTTER
- WATER
- SPARKLING WATER
- COFFEE (BLACK)
- TEA (PLAIN, NO ADDED SUGAR)
- CLUB SODA
- COCONUT WATER

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