

ULTIMATE LIST OF NO CARB FOODS



MEAT

*chicken, turkey, pork,
beef, pork rinds,
low carb beef jerky*



SEAFOOD

fish, lobster, shrimp



EGGS

prepared anyway



CHEESE

*cheese, cream cheese,
cheese crisps,
cheese sticks*



OTHER DAIRY

*butter, heavy cream,
low carb greek yogurt*



VEGETABLES

*watercress, lettuce,
arugula, kale, spinach,
broccoli raab, swiss
chard, cucumber, celery*



OILS

*olive oil, vegetable oil,
coconut oil*



CONDIMENTS

*mayonnaise, mustard,
soy sauce, hot sauce,
olives, pickles,
pepperoncini, vinegar*



DRINKS

*water, soda water,
coffee, tea*

NUTRITIONAL DATA: NDB.NAL.USDA.GOV

FOR MORE INFO VISIT: WWW.THELITTLEPINE.COM

No Carb Diet Foods

A Gutmann



No Carb Diet Foods:

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