

LOW-CARB DIET

FOOD LIST

Animal-Based Protein

- Poultry
- Fish
- Pork
- Beef
- Ground meat, including beef, turkey, and chicken
- Eggs



Plant-Based Protein

- Beans
- Tofu
- Tempeh
- Lentils
- Edamame
- Hummus
- Soy nuts
- Nuts and nut butters, including almond, cashew, and peanut



Nonstarchy Vegetables

- Leafy greens
- Cauliflower
- Broccoli
- Brussels sprouts
- Asparagus
- Carrots
- Green beans
- Mushrooms
- Zucchini
- Peppers
- Onions
- Eggplant

