

What to Eat

Here is a guide to answer the question: "What do I eat" and a list of the best foods that exist. Use this list as a shopping guide at the grocery store. Google low carb recipes using the foods below. Cross out anything you don't like. Ask about CookBooks available to keep it simple.

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VEGETABLES:

Alfalfa seeds sprouted
Arugula
Asparagus
Avocado
Beet greens
Broccoli
Cabbage
Cauliflower
Celery
Collard Greens
Cucumber
Dandelion greens
Eggplant
Endive
Fennel bulb
Green Beans
Hearts of palm
Jicama
Kale
Lettuce - All
Mustard greens
Mushrooms
Olives
Okra
Peppers
Pumpkin
Radicchio
Radishes
Rhubarb
Scallions (green onions)
Spinach
Squash
Swiss Chard
Tomatoes
Turnips / Turnip greens
Watercress
Zucchini

FRUIT:

Avocados
Lemons
Limes
Raspberries
Strawberries
Limited of all other fruits

NUTS/SEEDS/BUTTERS:

All Seeds / Seed Butters
Unlimited Macadamia Nuts
Unlimited Pecans
Limited of all other Nuts / Nut Butters
Limited Nut Milks

POULTRY, MEAT AND FISH:

All Poultry, Meat, Fish, and Seafood

EGGS

All Eggs any style

DAIRY:

Butter – full fat
Buttermilk
All Cheeses – whole milk full fat
Cheddar
Edam
Gouda
Swiss
Cream cheese – full fat
Cottage cheese – whole milk
Half and Half
Heavy Cream
Goat milk
Mayonnaise
Milk- whole milk – full fat
Ricotta cheese whole milk
Yogurt plain whole milk

ALL HERBS, SPICES AND CONDIMENTS

BEVERAGES:

Water -(With lemon or lime)
Coffee -Hot/Cold (with Stevia only)
Tea – Herbal Hot / Cold (with Stevia only)
Seltzer Water – plain or Flavored

Use wine/cocktail glasses, whiskey glasses, beer mugs etc. to keep it fun.

Nutritional Protein Shake Smoothie Recipes

MIX AND MATCH BELOW FOR UNLIMITED RECIPES

Liquids

Water
Coconut Milk
Nut Milks (unsweetened)
Cow/Goat Milk
Half and Half
Heavy Cream

Additional Fat

Avocado – (also adds creaminess like a banana, but without all the sugar)
Butter – (cow, goat, Irish, Ghee)
Coconut Oil
Any other natural oils (no processed oils) – (flax, sesame, avocado. etc.)

Extra Nutrition – Add in

Fruit (or just the juice)- for more of a fruit smoothie (use berries and melons)
Vegetables (or just the juice)- for more a veggie drink (celery, kale, spinach, etc.)
Raw Egg Yolks- Most complete protein source on the planet

Flavors – Add in

Chocolate – UNSWEETENED real bakers chocolate
Vanilla – add real vanilla UNSWEETENED
Savory Herbs/Spices – for more flare or a spicy kick (cayenne, ginger, cilantro, etc.)
Sweet Herbs/Spices – for Chai, Cookie, Eggnog flavor (cinnamon, nutmeg, all spice, etc)
Real Sea Salt for electrolytes or for flavor
Real Stevia (or less than ½ tsp. raw honey) – for sweetness