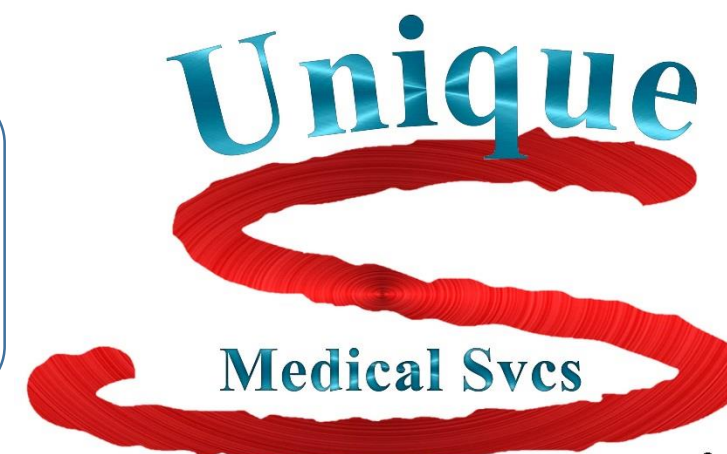


ZERO CARBOHYDRATE PHASE I



UniqueSMedicalSvcs.com
(832) 821-5677 (LOSS)

Meats (ANY & ALL)

Beef/Lamb/Goat

Pork (Bacon, Pork Rinds, Pork chops, Sausage)

Organ Meats (Liver, Heart, Brain, Kidneys)

Fowl (Turkey, Duck, Chicken, Hen, Quail)

Seafood (Shrimp, Tuna, Salmon, Lobster, Crawfish, Crab, Tilapia)

Cheese

Most natural, unprocessed cheeses (without added flavors or ingredients) are 0 to less than 1 g of carbs per serving

Hard cheese has the lowest; softer, creamy cheeses have the highest

Cheddar, Muenster, Parmesan, Colby, Mozzarella, Gouda, Oaxaca, Fresco, Swiss, Provolone, String Cheese, Mascarpone – Can be mixed with Real Cream, Butter and Spices for tasty sauces

Eggs

Dairy
Butter
Whipped Cream (NO SUGAR ADDED)
Heavy Whipping Cream

Beverages
Water
Club Soda
Tea
Coffee
Diet Soda
NO SUGAR
Water Enhancers

Seasoning
Salt & Pepper
Vinegar
Ground Cinnamon
Most Hot Sauces
Pre-Mixed Seasoning (Check Carbs)
Yellow Mustard
Mayonnaise
Chives



TIPS

Interlace Bacon to Make Taco Shells
-Then, Add Meat, Cheese And Enjoy!

Use Stevia, Splenda®, Equal®, Sweet’N Low® As Sweeteners

THIN Pork Rinds/Craklins
Make A Great Snack



Visit uniquesnutrition.com for SLIM® products, vitamins, mineral supplements and many other products that promote weight loss and boost energy

Visit waldenfarms.com/recipes for recipe options

Visit myfitnesspal.com for more zero/low carb food & recipe options

Visit simplegirl.com and use discount code :UNIQUE5 for zero/low carb cooking spices and condiments

Visit uniquesmedicalsvcs.com for ZERO CARB recipes and tips