



# LOW CARBOHYDRATE



## 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

### Beverages

Water

Tea

Coffee

Diet Soda, Club Soda

## Dairy

Butter

Whipped Cream (NO SUGAR ADDED)

Heavy Whipping Cream

## 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 [waldenfarms.com/recipes](http://waldenfarms.com/recipes) for recipe options

Visit [myfitnesspal.com](http://myfitnesspal.com) for more zero/low carb food & recipe options

Visit [simplegirl.com](http://simplegirl.com) and use discount code :UNIQUE5 for zero/low carb cooking spices and condiments

Visit [uniquesmedicalsvcs.com](http://uniquesmedicalsvcs.com) for ZERO CARB recipes and tips

Please CALL or TEXT  
For More Information

**(832) 821 - LOSS**

## **Vegetables & Fruits**

Vegetables & Fruits	Portion/Carbs
Spinach	1 cup / 7 g
Lettuce	1 cup / 1 g
Celery	1 stalk / 1.2 g
Mushrooms	1 cup / 2.3 g
Asparagus	1 cup / 5 g
Zucchini	1 cup / 3.5 g
Summer Squash	1 cup / 3.8 g
Cauliflower	1 cup / 5 g
Cucumber	1 cup / 3.8 g
Cabbage	1 cup / 4.1 g
Broccoli	1 cup / 6 g
Brussels Sprouts	1 cup / 8 g
Avocado	1 cup / 12 g
Watermelon	1 cup / 11 g
Strawberry	1 cup / 11 g
Cantaloupe	1 cup / 13 g

**Limit**

**CARBOHYDRATES**  
to no more than  
**20 g PER DAY**