55%

Food	Net Carbs	Serving Size
Allulose	0	1 tbs
Almond Flour	2	1/4 cup
Almonds	3	1/4 cup
Apple Cider Vinegar	0	2 tbs
Artichokes	7	1 medium cooked
Asparagus	4	1 cup cooked
Avocado Oil	0	2 tbs
Avocados	2	1 cup sliced
Chocolate (100% Cocoa)	7	2 oz
Beets	9	1 cup slices
Bell pepper	5	1 medium
Black Beans	13	1/2 cup
Blackberry	6	1 cup
Blueberries	9	1/2 cup
Broccoli	4	1 cup
Brussels Sprouts	5	1 cup
Cabbage	3	1 cup raw (chopped)
Carrots	8	1 cup chopped
Cauliflower	3	1 cup chopped
Celery	1	2 stalks
Chickpea flour	21	1/2 cup
Chickpeas	16	1/2 cup cooked
Coconut (unsweetened)	5	1 cup shredded
Coconut Flour	8	1/4 cup
Coconut oil	0	2 tbs
Crab	0	3 oz
Cucumbers	6	1 cucumber
Dark Chocolate (85% Cocoa)	10	2 oz
Egg Whites	0	1 egg
Eggs	1	2 egg
Erythritol	0	1 tsp
Full Fat Cheese	1	1 oz
Grass fed beef	0	4 oz
Grass fed butter	0	1 tbs

35%

Food	Net Carbs	Serving Size
Apple Sauce (unsweetened)	24	1 cup
Apples	21	1 medium
Bacon	0	2 oz
Banana	24	1 medium
Black rice	35	1/2 cup cooked
Butter	0	1 tbs
Carnitas	1	5 oz
Cashews	8	1 oz
Chickpeas	33	1 cup
Corn	37	1 cup
Dark Chocolate (40% Cocoa)	25	2 oz
Lentles	24	1 cup
Mango	45	1 mango
Oat flour	46	1/2 cup
Oranges	12	1 orange
Penut Butter (sugar added)	6	2 tbs
Pinapple	20	1 cup chunks
Platano/Plantain	44	1 cup sliced
Potatoes	32	1 medium potato
Protein Power	2	1 scoop
Steel Cut Oats (no sugar added)	28	1/2 cup
Tilapia	0	4 oz
Watermelon	10	1 cup diced
Wine	4	5 oz

10%

Food	Net Carbs	Serving Size
Beer	13	12 oz
Apple Sauces (sweetented)	40	1 cup
Arepas	36	1 arepa
Bagels	44	1 bagel
Brown rice	41	1 cup
Cake	29	1 piece
Candy	24	1 bar
Canned Fruit	28	1 cup
Canola oil	0	2 tbs
Cereal	47	1 cup
Processed Cheese	4	2 oz
Cookies	17	1 oz
Corn oil	0	2 tbs
Corn tortilla	10	1 small tortilla
Croissant	27	1 med croissant
Diet Soda	0	12 oz
Donuts	21	1 med donut
Energy Drink	40	12 oz
Flour tortilla	35	1 tortilla
French Fries	48	1 serving
Hot Dog	2	1 hot dog (no bun)
Jelly	28	2 tbs
Juice	50	12 oz
King Hawiian Roll	16	1 roll
Mayonnaise (w/ sugar)	0	1 tbs
Milk Chocolate	30	2 oz
Nutella	22	2 tbs
Oatmeal	23	1 cup cooked
Onion Rings	50	1 medium serving
Pan Dulce	35	1 slice
Pancakes	13	1 small
Pasta	41	1 cup cooked
Pizza	35	1 slice
Potato Chips	28	2 oz

Hazlo Mayonnaise	0	1 tbs
Jalapenos	4	1 cup sliced
Kale	1	1 cup raw
Kiwi	8	1 fruit
Lard	0	1 tbs
Lemon	3	1 lemon
Lentils	12	1/2 cup cooked
Lime	5	1 lime
Mushrooms	1	1/2 cup raw
Olive oil	0	2 tbs
Olives	3	1/2 cup
Onions	9	1 cup sliced
Peanut butter (no sugar added)	4	2 tbs
Peanuts	3	1/4 cup
Pecans	2	1/2 cup halves
Pinto Beans	15	1/2 cup cooked
Pistachios	5	1 oz
Quinoa	17	1/2 cup
Raspberries	7	1 cup
Salmon	0	3 oz
Sardines	0	1 can
Shimp	0	5 large shrimp
Shirataki Noodles (Zero Noodles)	0	1/2 cup
Spinach	3	1 cup raw
Strawberries	8	1 cup whole
Tallow	0	2 tbs
Tomatoes	3	1 medium
Turkey	0	4 oz
Walnuts	4	1/2 cup chopped
Whole Fat Greek Yogurt	5	3/4 cup
Zuchini	7	1 large

Pretzles	46	2 oz
Pupusa	23	1 pupusa
Sausage	1	1 medium sausage
Soda	39	12 oz.
Sports Drink	25	12 oz
Sugar	30	2 tbs
Taco	24	1 taco
Tortillas chips	11	10 chips
Vegetable oil	0	2 tbs
Wheat Bread	10	1 slice
White Bread	14	1 slice
White Chocolate	30	2 oz
White flour	46	1/2 cup
White rice	44	1 cup
Whole wheat flour	37	1/2 cup
Vodka	0	1 oz
Whisky	0	1 oz
Rum	0	1 oz