

Low Carb Foods

Free Foods

0 carbs

Meat: any kind of meat (chicken, beef, turkey, salami, etc.)

Fish: any kind of fish (salmon, tuna, etc.)

Cheese: any kind of cheese (cottage cheese, cream cheese, sour cream, etc.)

Eggs: any kind of egg (sunny side up and over, scrambled, etc.)

Sugar Free Jell-O

Vegetables

Less than 5 carbs per ½ cup cooked or 1 cup raw

Asparagus

Broccoli

Carrots

Cauliflower

Celery

Cucumber

Green Beans

Mushrooms

Onions

Pea pods

Peppers

Spinach

Tomatoes

Zucchini

Lettuce

Other Items

Less than 5 grams per serving

Ketchup/Mustard: 1 tbsp

Vinegar: 2 tbsp

Salad Dressing: 2 tbsp

Mayonnaise

Butter/Margarine

Peanut Butter

Whipped Cream