

Zero Carb Foods

Meat

Beef
Veal
Lamb
Pork
Fowl (turkey, chicken, duck, goose, quail)
Organ Meats (brains, tongue, liver, heart, kidneys)
Game Meats (venison, bison, ostrich, elk)
Exotic Meats (such as ostrich and emu)

Seafood

Cod
Flounder
Sole
Haddock
Halibut
Sardine
Swordfish
Tuna
Trout
Salmon
Bass

Seasoning

(Don't over-use.)
Salt and Pepper
Vinegar (White, Cider, Wine)
Cinnamon
Most Hot Sauces
Mixed Seasonings (check for carbs)
Yellow Mustard
Dill, Chives, Basil, Oregano, Rosemary

Oils and Fats

[Coconut Oil](#)

Olive oil

[Avocado Oil](#)

Walnut oil

[MCT oil](#)

Animal Fats (including lard)
Butter (preferably grass-fed)
Mayonnaise (full fat)

Beverages

Water, Sparkling Water, Seltzer Water
Club Soda
Coffee (black or with coconut oil)
Black or Green Tea (herbals may have carbs)
Diet Soda (not your best choice)
Gin, Whiskey, Tequila, Scotch
Rum, Vodka (unflavored)

Almost Zero Foods

(Serving size: 1/2 cup)

Arugula .2
Spinach .2
Lettuce .25
Parsley .4
Avocado .5
Radish .5
Bok Choy .7
Celery .8

(Serving size: 1/4 cup, unless stated)

Mushrooms .5
Garlic (1/2 clove) .5
Pokeberry Shoots .5
Cabbage .5
Asparagus (3 pieces) .6
Coconut .5
Yellow Squash .7
Raspberries .7
Cauliflower .7
Broccoli .8
Cucumber .9

Almost Zero Eggs & Dairy

Heavy Cream (.4 net carbs per tbsp)
Eggs .2 to .7 (check carton)

Almost Zero Cheese

Most unprocessed cheese has .2 to .9 net carbs per serving.

Hard cheeses (aged Parmesan or Cheddar) are lowest; soft, creamy cheeses are higher.



Three easy days.

One aggressive technique.

Major fat loss.

Atkins fat fast meets the zero carb diet in the ultimate stall stopper.

If you've tried everything else and **you aren't seeing the results you expected**, then you haven't tried this meal plan.

The Almost Zero Meal Plan is designed with macros to break the most stubborn stall, and burn large amounts of stored fat.

75 Recipes, and sample menus make the plan easy to follow.

Free yourself from that diet stall or plateau. Reach deep ketosis over your weekend. Recover from your accidental cheat day.

Fit in those jeans again. **In 3 days.**

[Find Out More](#)