# Low Carbe Diem



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#### Zero Carb Foods

#### Meat

Beef

Veal

Lamb

Pork

Fowl (turkey, chicken, duck, goose, hen, quail)
Organ Meats (brains, tongue, liver, heart,

kidnevs)

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

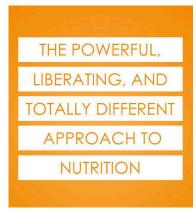
## Almost Zero Eggs & Dairy

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

#### Almost Zero Cheese

Most natural, unprocessed cheese (no added flavors or ingredients) has .2 to .9 net carbs per serving.

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



# Keto Meal Plan for Women

The Keto Beginning is a highly recommended program – especially if you're not ready for Atkins Maintenance phases or an increase in carbs.

## Slide into fat-burning mode without going strict low carb.

Bust through plateaus and uncover a life you love. Balance hormones and lift mood naturally.

If what you're doing isn't working, this is your chance to change your body, meet your goals and achieve the balance you're searching for.

