

Zero Carb Foods

Meat

Beef
Veal
Lamb
Pork
Fowl (turkey, chicken, duck, goose, hen, 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 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.

THE POWERFUL,
LIBERATING, AND
TOTALLY DIFFERENT
APPROACH TO
NUTRITION

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.

