

## Low Carb Veggies

Serving Size: ¼ cup, unless stated otherwise.

### Vegetable | Net Carb Grams

- Artichoke 6.9
- Asparagus (6) 2.4
- Beans, green 2.9
- Beets 6.5
- Bok Choy 0.7
- Broccoli 1.7
- Brussels Sprouts 7.6
- Cabbage 1.1
- Carrot 5.1
- Cauliflower 1.5
- Celery 0.8
- Collard Greens 3.0
- Cucumber 1.8
- Eggplant 2.0
- Garlic (1 clove) 1.0
- Lettuce 0.5
- Mushroom 1.0
- Onion 4.0
- Parsnip 9.0
- Peas 6.5
- Peppers, Green 3.4
- Peppers, Red 3.3
- Pickle, Dill (1 medium) 2.0
- Pumpkin 6.3
- Radish 0.5
- Rutabaga 4.0
- Spinach 0.2
- Squash, Yellow 1.4
- Tomato 3.2
- Turnips 2.3
- Zucchini 3.3

## Low Carb Fruit

Serving Size: ¼ cup, unless stated otherwise.

### Fruit | Net Carb Grams

- Applesauce 6.2
- Apricot (1 whole) 3.1
- Avocado (1 whole) 0.5
- Cantaloupe 3.0
- Starfruit (1 whole) 3.0
- Cherries 4.2
- Coconut 1.3
- Grapes 6.7
- Grapefruit (1 whole) 9.0
- Honeydew 3.6
- Kiwi 6.5
- Lemon (1 whole) 3.8
- Mango 6.3
- Orange (½ med) 6.4
- Passionfruit (1 whole) 2.0
- Peach (1 whole) 8.9
- Pineapple 4.3
- Plantain (½ med/10") 6.0
- Plum (1 whole) 7.6
- Watermelon 2.6

## Low Carb Berries

Serving Size: ¼ cup, unless stated otherwise.

### Berry | Net Carb Grams

- Acai Berry (1 oz) 5.0
- Blackberry 2.7
- Blueberry 4.1
- Boysenberry 13.0
- Cranberry 2.0
- Currant 4.0
- Elderberry 4.0
- Gooseberry 9.0
- Huckleberry (3.5 oz) 8.0
- Loganberry (3.5 oz) 8.0
- Pokeberry shoots 1.0
- Raspberry 1.5
- Salmonberry (3.5 oz) 8.0
- Strawberry 1.8

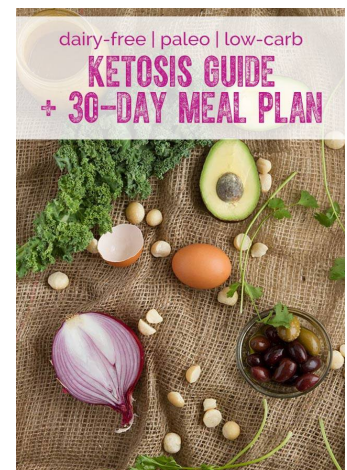


## Keto Meal Plan for Women

- Balance Hormones
- Break Diet Stalls

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

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



If what you're doing isn't working, **this is your chance** to change your body and balance hormones naturally.

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