

## LOW CARB CHEATSHEET

### Lower Carb Ingredients (0–6g per serving)

**Eggs:** (<1g carbs)

**Chicken / Beef / Fish:** 3–4 oz (0g carbs)

**Cheese / Queso fresco:** 1 oz (1g carbs)

**Avocado:** ½ medium, 4 oz (6g carbs)

**Nopales:** ½ cup (3g carbs)

**Milk / Crema:** ¼ cup (3–6g carbs)

**Vegetables (non-starchy):** ½ cup (0–6g carbs)

**Salsa:** ¼ cup (4–6g carbs)

**Berries:** ½ cup (~6g carbs)



### Lower Carb Meals (15–25g per serving)

**Huevos rancheros (without tortillas)**

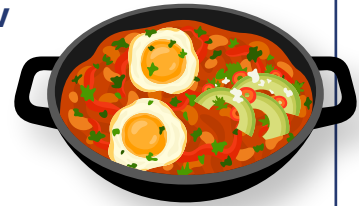
2 eggs, salsa, peppers, avocado (~20–25g carbs)

**Carne asada with vegetables**

4 oz steak, peppers, salad (~15–20g carbs)

**Fish ceviche with slaw**

3–4 oz fish, slaw, vinaigrette (~10–15g carbs)



### Higher Carb Ingredients (8–20g per serving)

**Fruit (mango, banana):** ½ cup (10–15g carbs)

**Peppers / Onions:** ½ cup (8–10g carbs)

**Potatoes:** ½ cup (15–20g carbs)

**Tortilla chips:** 1 cup (15–20g carbs)

**Enchilada sauce:** ½ cup (10g carbs)

**Black beans:** ½ cup (15–20g carbs)

**Corn tortilla:** 1–2 small (15–20g carbs)

**Hominy:** ½ cup (10–15g carbs)

**Corn:** ½ cup (15–20g carbs)



### Higher Carb Meals (45–80g per serving)

**Chiles en nogada**

Stuffed pepper, sauce (~55–70g carbs)

**Pozole (1 bowl)**

Hominy, meat (~45–60g carbs)

**Enchiladas (2)**

Corn tortillas, filling, sauce (~60–80g carbs)



### Very High Carb Ingredients (20g+ per serving)

**Rice:** ½ cup (20–25g carbs)

**Flour tortilla (8"):** 1 (30–35g carbs)

**Bread / Bolillo:** ½ roll (25–30g carbs)

**Plantains:** ½ cup (30g carbs)

**Sweetened drink (juice, soda, horchata):** 8 oz (25–40g carbs)

**Desserts (flan, churros, tres leches, sopapilla):** 32–80g per serving



### Very High Carb Meals (70–120g per serving)

**Quesadillas (2)**

Flour tortillas, cheese, meat (~70–90g carbs)

**Pambazo / Torta**

Bread, filling, sauce (~75–95g carbs)

**Burrito meal**

Tortilla, rice, beans, meat (~80–120g carbs)

