

**0g
CARB
FOODS**
(Per serving)



Meats
Beef, Lamb,
Pork, Veal (3 oz)



Poultry
Chicken, Turkey,
Duck (3 oz)



Fish / Shellfish
Salmon, Tuna, Sardines,
Shrimp, Lobster, Crab (3 oz)



Eggs
whole or whites
(1 egg)



**Lemon, Lime,
Vinegar, Herbs,
Spices** (1 tsp)



Fats: Oils
Avocado, Olive,
Sesame, Peanut,
Canola (1 tsp)



Fats: Other
Butter (1 tsp),
Mayo (1 tbsp),
Heavy cream (1 tbsp)



Beverages
Water, Black coffee,
Unsweetened tea,
sparkling water (8 oz)

**HIGH
CARB
FOODS**



Brown Rice
(50g per 1 cup
cooked)



Fruit Smoothie
(35g per 8 oz)



100% Juice
(26-30g per 8 oz)



**Whole Wheat
Bread**
(15-20g per slice)



Sugary Cereal
(30g per 1 cup
with no milk)



**Fruit Jam
or Jelly**
(30g per 2 tbsp)



10" Tortilla
(40g per wrap)

**1-5g
CARB
FOODS**
(Per serving)



Leafy Greens
Lettuce, Spinach, Arugula,
Kale, Collards, Turnip, Romaine
(1 cup raw or 1/2 cup cooked)



Non-starchy Vegetables
Asparagus, Bell peppers, Bok Choy,
Brussel Sprouts, Cucumbers, Cabbage,
Cauliflower, Eggplant, Onions
(1 cup raw or 1/2 cup cooked)



Avocado
(1 oz or 2 tbsp)



Deli Meat & Bacon
(1 oz or 2 slices)



Dairy
Cheese (1 oz or 1/4 cup shredded),
Cream cheese (1 tbsp)



Tofu
(3 oz)



Hummus
(1 tbsp)

**5-10g
CARB
FOODS**
(Per serving)



Edamame
(1/2 cup peeled)



Beets
(1/2 cup)



Raspberries
(1/2 cup or 2 oz)



Strawberries
(6 medium or 2 oz)



Carrots
(10 baby carrots or 3/4 cup)



Squash
butternut, Spaghetti,
Acorn, Pumpkin
(1 cup)



Nuts
Walnuts, Almonds,
Brazil Nuts, Cashews,
Pistachios, Peanuts (1 oz)



Seeds
Flaxseed (3 tbsp),
Sunflower (1 tbsp)
Chia Seeds (2 tbsp)



**Full-fat plain
Greek yogurt**
(1 cup)

**10-20g
CARB
FOODS**
(Per serving)



Cow's milk
(1 cup)



**Blueberries,
Blackberries**
(1/2 cup or 2.5 oz)



**Beans, Lentils,
Quinoa**
(1/2 cup cooked)



Sweet Potato
(1/2 cup mashed)



Kiwi, Peach
(1 whole)



Rolled Oats
(1/3 cup)



Melon / Watermelon
(1 cup diced)



Green Peas, Corn
(1/2 cup)