

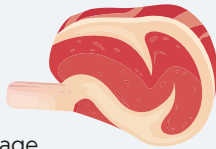
Meal planning

with carbohydrate-reduced diets

Pick a Protein

Meat

Ground beef, steak, beef or pork roast, pork chops, beef or pork ribs, lamb, chicken, turkey, duck



Deli meats*

Bacon, hotdogs, sausage, luncheon meats of all varieties, Spanish chorizo, pastrami, salami, pepperoni, pancetta, sopressetto

Canned meats

Tuna, salmon, chicken, ham, crab

Organ meat

Liver, heart, tripe, gizzards

Fish

Salmon, trout, cod, tuna, and all other varieties



Seafood

Scallops, shrimp, crab, mussels, lobster, octopus, oysters, squid



Eggs



Plant-based protein

Tofu, tempeh, natto, black soybeans

Pick one or two Low carb Veggies

Asparagus

Bok choy

Broccoli

Brussels sprouts

Cabbage

Cauliflower

Celery

Cucumber

Eggplant

Fennel

Green beans

Greens of all types

Jicama

Leeks

Lettuces of all types

Mushrooms

Okra

Onions

Peppers

Pumpkin

Radishes

Shallots

Snow peas

Spinach

Sprouts

Squash

Sugar snap peas

Tomatoes

Turnips

Zucchini



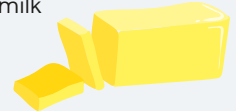
Add Fat *for flavor*

Nut oils

Coconut, olive, avocado, sesame, hazelnut, macadamia nut, walnut, almond

Non-dairy fats

Lard, ghee, tallow, duck fat, schmaltz (chicken fat), coconut cream, coconut milk



Dairy

Butter, cream, sour cream, heavy cream, cream cheese, Greek yogurt, mascarpone, ricotta, cottage cheese

Full-fat salad dressings*

Ranch, blue cheese, Italian

Full-fat cheeses

Cheddar, Brie, mozzarella, Swiss, provolone, Parmesan, blue, Gouda, and many other varieties



Sauces*

Hollandaise, Bearnaise, pesto, mayonnaise, aioli



Other

Nuts, seeds, avocados, olives

*Look for ones without starchy fillers or added sugars.