

Low Carb Diet

2 meals daily eat 4 ounces of protein and 2 cups of low carb vegetables

3rd meal have 1/3 protein, 1/3 low carb vegetable and 1/3 carbs

Must eat 3rd meal within one hour or less from start to finish

No between meal snacks, if you get weak, tired may have low fat cheese/protein

May have diet drinks and flavored water as long as they do not contain citrus juice: citrus juice has a natural sugar in it.

Low carb foods:

Note: Any food not listed below should be considered a carbohydrate-rich food. Portions depend on your individual needs. Unless your physician advises otherwise, choose "average-sized" portions. Go back for more if you like, there is no need to measure or weigh food.

PROTEINS:

Meats: all regular and lean meats, including

Bacon, beef, corned beef, ham, hamburger, hot dogs(all meat), lamb, pastrami, port, rabbit, sausages(no added sugar), venison, veal

Most luncheon meats contain added sugars and fillers and those not listed in this meat section should be considered carbohydrate-rich foods and should be saved for reward meals only.

Fowl: light or dark varieties, with or without skin, including, capon, chicken, Cornish hen, duck, goose, pheasant, quail, squab, turkey(ground or whole)

Fish and shellfish: all varieties, canned, jarred(no sugar) or cooked(no bread crumbs) including: bass, bluefish, calamari, clams, cod, crabmeat, flounder, haddock, halibut, lobster, monkfish, oysters, perch, salmon, sardines, scallops, scrod, shrimp, smelt, sole, sturgeon, swordfish, trout, tuna

Dairy and non-meat alternatives: regular or low-fat varieties of: egg, egg substitutes, cheese(all varieties except low fat ricotta), cream cheese, cottage cheese, milk-cream0 or half and half (up to 2 ounces daily in coffee or tea or cooking, no nondairy creamer), sour cream, tofu, vegetarian meat alternatives that contain 4 grams of carbohydrate or less per average servings.

LOW-CARB VEGETABLES: fresh, stir-fried, sautéed (no breading), steamed, or boiled non-starchy vegetables: alfalfa sprouts, arugula, asparagus, bamboo shoots, bean sprouts, broccoli, brussel sprouts, cabbage(all), cauliflower, celery, cucumbers, endive, green beans, greens(all), kale, kohlrabi, lettuce, mushrooms, okra, onions(as seasoning only), parsley, peppers(green or red), radishes, scallions, spinach, tomatoes(raw about $\frac{1}{4}$ per meal), wax beans, sorrel(sour grass)

Oils, fast and dressings: butter or margarine, regular or low fat substitutes

Mayonnaise, regular only, not low fat, low fat contains added sugar
Oils, all varieties including corn, olive, safflower, sesame, soybean, sunflower, vegetable, etc.
Salad dressings, all regular and low-fat varieties where sugar is not among the first four ingredients.

EXTRAS: capers(for garnish only), dill pickles, garlic(fresh or powdered), herbs, horseradish, juice(citrus in small amts for cooking), ketchup(1-2 tablespoons only), mustard, mayonnaise, onion(fresh, powdered for cooking only), olives(green or black, no pimientos), pepper, salt, seeds(poppy or sesame for cooking only), spices, wine(dry varieties for cooking only), vinegar.

BEVERAGES: carbonated water, club soda(non flavored), coffee, seltzer(no flavored), tea

HIGH CARB FOODS

To be combined with craving-reducing foods at reward meals

Note: here are examples of some of the many carbohydrate-rich foods you can combine with craving-reducing foods at your daily reward meal. All foods that are not specifically listed on the companion chart (low-carb foods) should be considered carbohydrate-rich. Portions depend on your individual needs. Unless your physician advises otherwise, choose "average-sized" portions. You can go back for more if you like. There is no need to measure or weight food.

BREADS, GRAINS, CEREALS: ALL VARIETIES (REGULAR, LOW-FAT, LOW-SUGAR, WHOLE GRAIN, ETC) INCLUDING: bagels, biscuits, breads, pancakes, breakfast bars, cereals (hot or cold), cornmeal, tempura coating, couscous, French toast, granola, croissants, tahini, waffles, tabbouleh, grits, stuffing.

DAIRY: REGULAR, FROZEN, AND LOW-FAT VARIETIES OF: breakfast drinks, cream, non-dairy creamers, ice cream, half-and-half, ice milk, low-fat ricotta cheese, milk, yogurt

FRUITS AND JUICES: ALL FRUITS (COOKED, DRIED FRUIT, FRESH), FRUIT JUICES, OR VEGETABLE JUICES INCLUDING: apples, bananas, carrot juice, cantaloupe, cherries, date, figs, grapefruit, grapes, kiwi fruit, lemons, limes, mangoes, oranges, papaya, peaches, pears, pineapple, plums, V-8

LEGUMES, SEEDS, MOUTHS AND NUT BUTTERS ALL VARIETIES, INCLUDING: baked beans, black beans, cashews, chestnuts, chick peas, hummus, peanut butter, kidney beans, garbanzos, peanuts, split peas, pistachios, lentils, sesame seeds, walnuts, water chestnuts, pumpkin seeds.

LUNCHEON MEATS: ALL VARIETIES WHICH CONTAIN ADDED SUGARS, MSG, OR FILLERS

PASTA, NOODLES, AND RICE: ALL FRESH AND DRY VARIETIES, INCLUDING: pasta (all varieties including shells, rigatoni, spaghetti), Chinese noodles, rice (brown, pilaf, white, wild), egg noodles, spinach noodles

SNACK FOODS, SWEETS AND EXTRAS: ALL VARIETIES OF SNACKS, INCLUDING THOSE SWEETENED WITH SUGAR OR SUGAR SUBSTITUTES INCLUDING: cakes, candied, chips, chocolate, cookies, crackers, fructose, gelatin desserts, honey, mints, popcorn, pretzels, puddings, rice cakes, sugar, snack bars and mixes.

VEGETABLES: ALL THOSE NOT LISTED AS LOW-CARB INCLUDING: beets, zucchini, tomatoes (when more than $\frac{1}{4}$ per meal), peas, squash, corn, potatoes, carrots.

BEVERAGES: all fruit juices and drinks. All sugar sweetened drinks and soda. All beverages containing alcohol. All flavored seltzers and club sodas.