



Beverages

Black Coffee - 8 oz, 0g carbs
Green Tea - 8 oz, 0g carbs
Herbal Tea - 8 oz, 0g carbs
Sparkling Water - 8 oz, 0g carbs
Unsweetened Almond Milk - 8 oz, 2g carbs
Water - 8 oz, 0g carbs
Zero Sugar Iced Tea - 16 oz, 0g carbs

Fruits

Apple - 1 small, 15g carbs
Blackberries - 1 cup, 14g carbs
Blueberries - 3/4 cup, 15g carbs
Cantaloupe - 1 cup, 13g carbs
Cherries - 12 pieces, 12g carbs
Grapefruit - 1/2 fruit, 11g carbs
Grapes - 15 grapes, 14g carbs
Peach - 1 small, 12g carbs
Plum - 1 medium, 7g carbs
Raspberries - 1 cup, 15g carbs
Strawberries - 1 cup, 16g carbs
Watermelon - 1 cup, 11g carbs

Dairy

Cheddar Cheese - 1 oz, 0g carbs
Cottage Cheese - 1/2 cup, 5g carbs
Cream Cheese - 1 tbsp, 1g carbs
Goat Cheese - 1 oz, 0g carbs
Feta Cheese - 1 oz, 1g carbs
Mozzarella Cheese - 1 oz, 1g carbs
Parmesan Cheese - 2 tbsp, 0g carbs
Mayonnaise - 1 tbsp, 0g carbs
Sour Cream - 1 tbsp, 0.5 carbs

Nuts & Grains

Almonds - 10 pieces, 2g carbs
Pecans - 1 cup, 14g carbs
Walnuts - 14 halves, 4g carbs
Brown Rice - 1/2 cup, 23g carbs
Quinoa - 1/2 Cup, 20g carbs
Whole Wheat Bread - 1 slice, 12g carbs

Protein

Bacon - 2 slices, 0g carbs
Beans (refried) - 1/2 cup, 15g carbs
Egg Whites - 3 large, 0g carbs
Eggs - 1 large, 1g carbs
Grilled Chicken - 3 oz, 0g carbs
Ground Beef 90% - 3 oz, 0g carbs
Pork Chop - 3oz, 0g carbs
Pork Tenderloin - 3 oz, 0g carbs
Rotisserie Chicken - 3 oz, 0g carbs
Salmon - 3 oz, 0g carbs
Jumbo Shrimp - 3 oz, 1g carbs
Sirloin Steak - 3 oz, 0g carbs
Tuna - 3 oz, 0g carbs
Turkey Breast - 3 oz, 0g carbs

Veggies

Asparagus - 1 cup, 5g carbs
Bell Peppers - 1 cup, 6g carbs
Broccoli - 1 cup, 6g carbs
Cauliflower - 1 cup, 5g carbs
Cucumber - 1 cup, 4g carbs
Green Beans - 1 cup, 7g carbs
Kale - 1 cup, 7g carbs
Lettuce - 1 cup, 1g carbs
Mushrooms - 1 cup, 2g carbs
Spinach - 1 cup, 1g carbs
Tomatoes - 1 medium, 5g carbs
Zucchini - 1 cup, 4g carbs

Snacks

Berries & Cream - 1/4 cup, 6g carbs
Cucumber & Cream Cheese - 4 slices, 3g carbs
Frozen Blueberries - 1/4 cup, 5g carbs
Frozen Grapes - 10 pieces, 8g carbs
Greek Yogurt (plain) - 1/2 cup, 4g carbs
Mixed Berries - 1/2 cup, 4g carbs
Mozzarella Cheese - 1 stick, 1g carbs
Sugar Free Gelatin - 1/2 cup, 0g carbs
Sugar Free Pudding - 1/2 cup, 8g carbs
Guacamole - 2 tbsp, 2g carbs
Hummus - 2 tbsp, 4g carbs