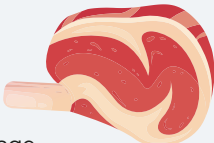











# Meal planning

*with carbohydrate-reduced diets*

Pick a <b>Protein</b>	Pick one or two <b>Low carb Veggies</b>	Add <b>Fat</b> <i>for flavor</i>
<p><b>Meat</b> Ground beef, steak, beef or pork roast, pork chops, beef or pork ribs, lamb, chicken, turkey, duck</p>  <p><b>Deli meats*</b> Bacon, hotdogs, sausage, luncheon meats of all varieties, Spanish chorizo, pastrami, salami, pepperoni, pancetta, sopresetto</p> <p><b>Canned meats</b> Tuna, salmon, chicken, ham, crab</p> <p><b>Organ meat</b> Liver, heart, tripe, gizzards</p> <p><b>Fish</b> Salmon, trout, cod, tuna, and all other varieties</p>  <p><b>Seafood</b> Scallops, shrimp, crab, mussels, lobster, octopus, oysters, squid</p>  <p><b>Eggs</b></p>  <p><b>Plant-based protein</b> Tofu, tempeh, natto, black soybeans</p>	<p>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</p>   	<p><b>Nut oils</b> Coconut, olive, avocado, sesame, hazelnut, macadamia nut, walnut, almond</p> <p><b>Non-dairy fats</b> Lard, ghee, tallow, duck fat, schmaltz (chicken fat), coconut cream, coconut milk</p>  <p><b>Dairy</b> Butter, cream, sour cream, heavy cream, cream cheese, Greek yogurt, mascarpone, ricotta, cottage cheese</p> <p><b>Full-fat salad dressings*</b> Ranch, blue cheese, Italian</p> <p><b>Full-fat cheeses</b> Cheddar, Brie, mozzarella, Swiss, provolone, Parmesan, blue, Gouda, and many other varieties</p>  <p><b>Sauces*</b> Hollandaise, Bearnaise, pesto, mayonnaise, aioli</p>  <p><b>Other</b> Nuts, seeds, avocados, olives</p>
*Look for ones without starchy fillers or added sugars.		