



LOW CARB HIGH FAT HEALTHY FOODS LIST

MAKING THE RIGHT FOOD CHOICES IS THE FIRST STEP TO HEALTHY LIVING

GOOD FATS

avocado
chia seed
olive oil
avocado oil
coconut oil
fish oil
pumpkin seed oil
sesame oil
grass fed butter
bacon fat
lard
flax seed

NUTS

almonds
almond butter
almond milk
coconut milk
macadamia nuts
pecans
brazil nuts
peanuts
peanut butter
pistachios
sunflower seeds
walnuts
sesame seeds

CONDIMENTS

salt
mustard
apple cider vinegar
balsamic vinegar
ketchup-no sugar
bbq sauce-no sugar
mayonnaise
pepper
tamari

ANIMAL PROTEIN

beef
eggs
bacon
bison
veal
salami
chicken
fish
pork
lamb
venison
sausage
pepperoni
deli meats-no sugar added

VEGETABLES

all lettuce
arugula
berries
spinach
endive
celery
cucumber
avocado
artichoke
radicchio
radishes
okra
snow peas
collard greens
eggplant
coconut
onions
asparagus
green beans
brussel sprouts
lemons
limes
mushrooms
peppers
spaghetti squash
tomatoes
tomato sauce
scallions
shallots
yellow squash
zucchini
cabbage
broccoli
cauliflower

FOODS TO AVOID

artificial sweeteners
fruit
sugar sodas
fried foods
margarine
processed foods
refined sugar
grain flours
rice
beans
chips/wraps/bread

DAIRY

heavy cream
all cheese
grass fed butter
ghee
sour cream
cream cheese
unsweetened yogurt
feta
haloumi
parmesan
goat
ricotta
mozzarella
blue cheese
munster
cheddar
colby
pepper jack
swiss
gruyere

