

How to Start a Low-Carb Diet

What to Eat



Meat & Eggs

Beef, pork, chicken (skin on, do not trim fat), lamb etc. Free range eggs.



Fish

All fish especially those high in Omega 3 such as tuna, salmon, mussels, and sardines.



Veggies & Fruit

Leafy greens, cauliflower, cabbage, broccoli, etc. Low carb nutrient dense fruit such as berries.



Dairy

Cheese (full fat), cream (full fat, double, whipping), & milk (full fat, avoid flavored and large quantities.)



Nuts & Seeds

A great snack but don't overindulge and avoid cashews which are high in carbs.



Fats

Butter, olive oil, coconut oil, macadamia oil, lard

What to Avoid



Sugary Drinks

Sports drinks, fizzy drinks, fruit juices, energy drinks.



Sweets

Including cakes, biscuits, & jams.



Seed Oils

Stop using all seed oils as they are inflammatory.



All Cereals

Contains between 50% to 80% carbs.



Breads, Pastas

Bread and pasta are high carb with little nutritional value.



Fruit

Limited due to the high fructose content.



All Wheat

Raises blood sugar and increases appetite.



Grains

Avoid ALL grains.



Starchy Veggies

One small potato is the equivalent to 4 tsp sugar.



Rice

No Nutritional value.



Rice Crackers

80% carbs and highly processed.



Diet, Low Fat

Processed and high in carbs compared to regular versions.

Sometimes Foods



Red Wine

Not the sweet varieties.



Dark Chocolate

85% or above



Low-Carb Baking

Bake low-carb only!