

## Good to Eat

### Meat, Seafood & Eggs

Poultry, beef, pork, lamb, wild game, fish & seafood, eggs

### Vegetables

All leafy greens, broccoli, tomatoes, peppers, eggplants, asparagus, zucchini, cucumbers

### Dairy Products

Whole-fat milk, cream, cheese & sour cream

### Natural Fats

Butter, olive oil, avocado oil, coconut oil and lard

### Water, coffee and tea

Avoid adding sugar, honey, or agave nectar  
Artificial sweeteners okay in moderation

## Eat in Moderation

### Nuts

Almonds, peanuts, Brazil nuts, walnuts, pecans, pistachios, cashews

### Berries, Melons & Citrus Fruits

Blackberries, raspberries, strawberries, watermelon, grapefruit, lemons, limes, oranges

### Root Vegetables

Onions, turnips, carrots, beets, yams, yucca, cassava

### Beans & Legumes

Lentils, peas, pinto beans, chickpeas, kidney beans

## Special Treats

Dry wines, whiskey, vodka  
cocktails with no sugar (LIMIT 1 PER DAY)  
Dark (70%) chocolate

## Avoid

### Sugary Drinks, Candies & Desserts

Sodas, candy, pies, cookies, cakes, donuts, most breakfast cereals

### Starches

Pasta, bread, rice, potatoes, French fries, pancakes & waffles, pizza

### Alcohol

Mixed Drinks, beer & wine

### Tropical & Dried Fruit

Bananas, pineapple, mangoes, dates, figs, raisins

### Processed & Breaded Meat

Chicken nuggets, sweetened sausage, fast food patties, fried chicken

## Carb Limits

### LOW CARB

50g net carbs per day

### Net Carbs = Total Carbs — Fiber

An avocado has 12g carbs  
but 10g fiber, for only 2 net carbs.

## ⚠ Side Effects To Know

**Symptoms:** Headache, dizziness, nausea, fatigue

**Solution:** With less carbs and less electrolytes, your body retains less water. Drink chicken or vegetable broth, and symptoms will dissipate.

**Symptoms:** Leg cramps, reduced physical performance

**Solution:** Make sure you get enough electrolytes, especially magnesium. Take supplements if needed.