

"No Sugar, No Starch" Diet*

IF IT IS NOT ON THIS PAGE, DO NOT EAT IT

For effective weight loss, keep total grams of carbs below 20.

Greens (2 cups a day minimum)

- Spinach
- Kale
- Turnip Greens
- Beet Greens
- Lettuce
- Bok choy
- Collard Greens
- Chard
- Endive
- Arugula
- Parsley
- Scallions (spring onion)
- Radishes

Vegetables

- Avocado (½ a day)
- Artichokes
- Asparagus
- Broccoli
- Bamboo shoots
- Cauliflower
- Celery
- Cucumber
- Eggplant (aubergine)
- Green beans (string beans)
- Mushrooms
- Pepper
- Rutabaga (swede)
- Sprouts (bean and alfalfa)
- Summer squash
- Turnip
- Black Soybeans
- Brussels sprouts
- Okra
- Rhubarb
- Snow peas
- Sugar snap peas
- Tomatoes
- Pumpkin
- Zucchini (courgette)
- Wax beans
- Cabbage

Fish and Shellfish

- Salmon
- Sardines
- Herring
- Catfish
- Bass
- Tuna
- Trout
- Shrimp
- Scallops
- Crab
- Lobster
- Tilapia

Poultry

- Chicken
- Turkey
- Duck
- Any other fowl

Meat

- Beef (including hamburger and steak)
- Pork, ham (unglazed), bacon,
- Lamb, veal, or other meats.

Eggs

- Whole eggs permitted without restriction

Cheeses (up to 4 ounces a day)

- hard, aged cheeses
- avoid processed cheese
- check label, carb count should be <1g

Cream (up to 4 tablespoons a day)

- Heavy or sour cream

Mayonnaise

- up to 4 tablespoons a day
- Duke's and Hellmann's are low-carb (check label for hidden sugars)

Condiments

- Lemon/Lime juice (up to 4 teaspoons a day)
- Soy Sauce (up to 4 tablespoons a day)

Snacks

- Pork rinds (plain)
- Ham, beef, or turkey
- Other meat roll-ups
- Eggs
- Sugar free pickles

Healthy Fats

- Avocado (½ a day)
- Olive Oil
- Butter

** Raspberry ^{Best}*
Fruit - Blackberries

Strawberries 57 carbs per 100gm 1 = 1 carb
Strictly Limit