

# SLOWCARB LIVING FOOD LIST

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## BEEF LEAN CUTS

- Eye of Round
- Ground beef lean
- Sirloin
- Tenderloin
- Top Loin
- Top Round

## PORK

- Boiled ham
- Canadian bacon
- Loin
- Tenderloin

## CHEESE

- American
- Cheddar
- Cottage cheese, 1-2% or fat-free
- Cream cheese substitute, dairy-free
- Feta
- Mozzarella
- Parmesan
- Provolone
- Ricotta
- String

## EGGS

- All you can use
- Use egg whites and egg substitute if desired.

## POULTRY

- Turkey bacon (2 slices per day)
- Turkey and chicken breast

## LEGUMES

- Beans, Italian
- Beans, Wax
- Black Beans
- Black-eyed peas
- Broad Beans
- Butter Beans
- Cannelloni Beans
- Chickpeas or Garbanzo
- Great Northern Beans
- Kidney Beans
- Lintels
- Lima Beans
- Navy Beans
- Pigeon Beans
- Soy Beans
- Split Peas
- White Beans

## SEAFOOD

- All types

## OIL

- Olive Oil
- Canola Oil

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## VEGETABLES

- Artichokes
- Asparagus
- Beans, Green
- Broccoli
- Bok Choy
- Cabbage
- Cauliflower
- Celery
- Collard Greens
- Cucumbers
- Eggplant
- Lettuce (All varieties)
- Tomatoes
- V-8 Juice
- Mushrooms
- Mustard Greens
- Okra
- Onion - Limit to 1/2 per day
- Peppers (All varieties)
- Pickles - Dill
- Radishes
- Rhubarb
- Sauerkraut
- Snow peas
- Spinach
- Sprouts, Alfalfa
- Squash, Spaghetti
- Squash, Summer
- Yellow
- Zucchini
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## SOY SUBSTITUTE

- Bacon
- Burger
- Chicken
- Hotdogs
- Sausage Links or Patties
- Tofu
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## SEASONINGS

- All that contain no added sugar
- Broth
- Espresso Powder
- Extracts (vanilla, Almond ect...)
- Horseradish sauce
- I can't Believe it's Not Butter spray
- Smart Balance spray
- Lemon juice
- Lime juice
- Mustard
- Pepper (Black, Cayenne, Red etc...)
- Salsa
- Hot sauce
- Steak sauce
- Worcestershire sauce

## NUTS JUST A FEW FOR SNACKS

- Almonds
- Brazil Nuts

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- Cashews
- Pecans
- Macadamia
- Peanut Butter (Very Little)
- Peanuts
- Pine Nuts
- Pistachios
- Walnuts

## DAIRY

- Low-fat (1 percent) or fat-free milk or soy milk
- Plain or sugar-free low-fat or fat-free yogurt
- Fat-free half & half

## TREATS

- Fudgesicles, sugar-free
- Gelatin, sugar-free
- Gum, sugar-free
- Popsicles, sugar-free
- Sugar substitute