



101 LOW CARB FOODS

For Effective Weight Loss

— Daily Diet Dish —

LOW CARB FOODS: BEEF, PORK & POULTRY

BEEF

Beef	Calories	Fat (g)	Carbs (g)	Protein (g)
4oz ribeye steak	290	30	0	25
4 oz ground beef	170	8	0	24
6 oz T bone steak	300	13	0	44
4 oz beef stew	208	23	0	33
4 oz beef liver	112	4	5	23
2 slices bacon	60	4.5	0	6
1 thin slice cured ham	36	1.75	0.5	5

PORK

Pork	Calories	Fat (g)	Carbs (g)	Protein (g)
4 oz pork chops (top loin)	163	6.7	0	24
4 oz pork steak	220	17	0	18
4 oz pork tenderloin	154	6.1	0	23
4 oz pork shoulder	150	7	0	21
2 slices bacon	70	5	0	6
4 oz ham	183	10	4	19
1 large egg	72	4.8	0.4	6.3

POULTRY

Poultry	Calories	Fat (g)	Carbs (g)	Protein (g)
2 oz chicken breast	113	5	0	15
4 oz chicken thighs	130	5	0	22
1 chicken drumstick	212	12	0	23
1 small chicken wing	81	5	0	8
4 oz ground chicken	180	9	1	22
3 oz chicken liver	99	4	0	15
4 oz duck meat	150	7	0	21
3 oz turkey breast meat	88	1.5	3.5	14.5
1 turkey drumstick	297	14	0	40
2 slices turkey bacon	50	4	0	4
4 oz ground turkey	170	8	0	21
4 oz turkey liver	262	18.5	2.5	21
1 whole egg	72	4.8	0.4	6.3

LOW CARB FOODS: FISH, SHELLFISH & NUTS

FISH

Fish	Calories	Fat (g)	Carbs (g)	Protein (g)
3 oz salmon	156	9.2	0	17
2 oz mackerel	110	6	3	12
6 oz trout	237	9.3	0	36
4 oz tuna	124	0.5	0	28
4 oz catfish fillet	90	3.5	0	16
4 oz snapper	160	1.3	0	30
4 oz tilapia	100	2.5	0	20

SHELLFISH

Shellfish	Calories	Fat (g)	Carbs (g)	Protein (g)
1/2 cup lobster meat	70	4	0.9	15
3 oz crab meat	74	0.9	0	15.4
1 pacific oyster	33	1.2	2	3
1 medium shrimp	7	0.1	0	1.3
2 oz squid	52	0.8	1.7	9
1 scallop	35	1.8	1.7	3
1 medium mussel	12	0.7	0.4	1

NUTS, SEEDS & NUT BUTTERS

Nuts, Seeds & Nut Butters	Calories	Fat (g)	Carbs (g)	Protein (g)
2 tbsp macadamia butter	190	21	6	3.7
2 tbsp almond butter	190	16	7	7
2 tbsp peanut butter	190	16	6	7
1 tbsp coconut butter	65	7	0	0
1/4 cup macadamia nuts	200	21	4	2
1/4 cup whole almonds	160	14	6	6
1/4 cup dry roasted peanuts	160	13	6	6
1/4 cup pecan halves	190	20	4	3
1/4 cup brazil nuts	230	24	4	5
2 tbsp whole flaxseeds	90	8	7	4
1 tbsp whole sesame seeds	52	4.5	2	1.6
1 tbsp raw sunflowers seeds	62	5	2	2
1 tbsp chia seeds	60	4	4	2

LOW CARB FOODS: FATS, OILS & DAIRY

FATS & OILS

Fats and Oils	Calories	Fat (g)	Carbs (g)	Protein (g)
1 tbsp ghee	120	14	0	0
1 tbsp lard	120	13	0	0
1 tbsp butter	80	8	0	0
1 tbsp vegetable shortening	110	12	0	0
1 tbsp coconut butter	65	7	0	0
1 tbsp coconut oil	130	14	0	0
1 tbsp olive oil	120	14	0	0
1 tbsp sesame oil	120	14	0	0
1 tbsp avocado oil	120	14	0	0
1 tbsp canola vegetable oil	120	14	0	0

DAIRY

Dairy	Calories	Fat (g)	Carbs (g)	Protein (g)
1 oz cheddar cheese	110	9	0.5	7
1 oz feta cheese	75	6	1	4
1 oz swiss cheese	100	8	1	8
1 oz parmesan cheese	122	10	0	8
1 oz mozzarella cheese	80	6	0	5
1 oz brie cheese	95	8	0.1	6
1 oz monterey jack	100	8	1	7
1 oz cream cheese	100	10	1.2	1.7
1/2 cup large curd cottage cheese	110	5	4	12
1 tbsp sour cream	31	3	0.6	0.5
1 tbsp heavy cream	50	6	0	0
4 oz plain greek yogurt	110	7	7.5	4.5
1 tbsp mayonnaise	90	10	0	0
1 tbsp half and half	20	1.5	0.5	0.5

FRUITS, BAKING SUBSTITUTES, SWEETENERS & BEVERAGES

FRUITS

Fruits	Calories	Fat (g)	Carbs (g)	Protein (g)
5 green olives	25	2.5	0	0
5 black olives	25	2.5	1	0
1 small starfruit	22	0.3	4.5	0.7
1/2 cup blackberries	31	0.3	7	1
1/2 cup raspberries	26	0.4	7	0.7
1/2 cup boysenberries	31	0.3	7	1
1/2 medium grapefruit	42	0	10	0.8
1/2 medium avocado	130	12	6	1

BAKING SUBSTITUTES

Baking Substitutes	Calories	Fat (g)	Carbs (g)	Protein (g)
1/4 cup coconut flour	150	5	21	6
1/4 cup almond flour	170	15	5	6
1/4 cup flaxseed meal	120	9	8	6
1 tbsp chia seeds	60	4.5	5	3
1 tbsp whole flaxseeds	45	4	3.5	2
1 tbsp poppy seeds	47	4	2	1.6
1 tbsp dark cacao nibs	70	6	7	1
1/4 cup coconut flakes	100	10	4	1
1 tbsp cocoa powder	20	1	2	1

SWEETENERS

Sweeteners	Calories	Fat (g)	Carbs (g)	Protein (g)
1 tsp stevia	0	0	4	0
1 tsp sucralose	0	0	0.5	0
1 tsp coconut sugar	15	0	4	0

BEVERAGES

Beverages	Calories	Fat (g)	Carbs (g)	Protein (g)
Ground tea leaves	0	0	4	0
Coffee	0	0	0.5	0
Water	0	0	0	0

TOP KETO FOODS: FATS, OILS & DAIRY

VEGETABLES

Vegetables (1/2 cup)	Calories	Fat (g)	Carbs (g)	Protein (g)
Lettuce	2.5	0.04	0.82	0.25
Spinach	3	0	1	0
Bok Choy	6	0.1	1.5	0.5
Celery	8	0.1	1.5	0.3
Kale	16	0.3	3	0.5
Cabbage	11	0	2.6	0.5
Broccoli	15	0	3	1.3
Cauliflower	13	0	2.7	1
Collard Greens	55	2.6	5.7	2.8
Zucchini	20	1	3	0.5
Asparagus	13	0	0.4	1.5
Yellow Squash	9	0	1.5	0.7

We hope that you found this PDF useful in your meal planning process. If you have any questions that you'd like us to address, send us a message on our website, www.dailydietch.com.

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