

## [IAmStrongAndLean](#)

### **Meat, Poultry And Fish**

#### ***0 Carb Foods***

- All Red Meat
- Chicken
- Turkey
- Pork
- Veal
- Lamb
- Fowl (duck, goose, hen, quail)
- Organ Meats (tongue brains, liver, heart, and kidneys)
- Game Meats (ostrich, venison, caribou, bison, and elk)
- Exotic Meats (such as ostrich and emu)
- Cold Cuts And Ham (read label some have added sugar)
- Bacon
- All Fish

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### **Seafood**

- Shrimp – 0 Carbs
- Crawfish - 0 Carbs
- Crab - 0 Carbs
- Lobster – 2 grams per 6 ounces
- Mussels – 8.4 per 6 ounces
- Oysters – 12.4 per 6 ounces
- Scallops – 3.9 per 6 ounces
- Clams – 8.7 grams per 6 ounces
- Squid – 7 grams per 6 ounces

An [eight-week keto meal plan](#) created based on the expertise of certified nutritionists, personal trainers, and chefs.

### **Fats And Dressings**

- Butter - 0 Carbs

- Mayonnaise - 0 Carbs
- Oils – 0 Carbs (olive, avocado, and coconut oils for general use. Cold-pressed or expeller-pressed canola, peanut, and grapeseed oils are good for stir-fries)
- Pure Unrefined Cold Pressed [Extra Virgin Coconut Oil](#) – 0 Carbs
- (contains medium-chain triglycerides fatty acids, metabolized by the body to be used as immediate energy and not stored as fat)
- Blue Cheese Dressing (2 tbsp.) – 2.3 grams
- Italian Dressing (2 tbsp.) – 3 grams
- Cesar Dressing (2 tbsp.) - .5 grams
- Ranch Dressing (2 tbsp.) – 1.4 grams
- 100 Island Dressing (2 tbsp.) – 4.8 grams

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#### Soy Vegan Protein

- Soybeans - 6.2 grams per 1/2 cup
- Soy Milk – 1.2 grams per cup
- Firm Tofu – 2.2 grams per 4 ounces
- Silken Tofu – 3.2 grams per 4 ounces
- [Tempeh](#) – 16 grams per cup
- Soy Nuts – 2 grams per ½ ounce

#### Vegetables

- Alfalfa Sprouts - .4 grams per cup

- Daikon – 1 gram per ½ cup
- Endive - >1 gram per ounce
- Escarole - >1 gram per ounce
- Arugula - .2 grams per ½ cup
- Bok Choy - .8 grams per 1 cup/raw
- Celery - .8 grams per 1 stalk
- Chicory Greens - .6 grams per ½ cup
- Green Onions - .1 per 1 tablespoon
- Cucumber - 1 gram per ½ cup sliced
- Fennel - 3.6 grams per 1 cup
- Iceberg Lettuce - .1 grams per 1/2 cup
- Jicama - 2.5 grams per ½ cup
- Parsley - >1 gram per ounce
- Bell Peppers - 2.3 grams per ½ cup
- Radicchio - .7 grams per ½ cup
- Radishes - .9 grams per 10 pieces
- Romaine Lettuce - .2 grams per ½ cup
- Artichoke (1/4 Steamed) – 4 grams
- Artichoke Hearts In Water - 2 grams per 1 heart
- Asparagus - 2.4 grams per 6 spears
- Bamboo Shoots - 1.1 grams per 1 cup
- Broccoli - 1 gram per 1/2 cup
- Brussels sprouts - 2.4 grams per ¼ cup
- Cabbage - 2 grams per ½ cup
- Cauliflower - 2 grams per 1 cup
- Chard - 1.8 grams per ½ cup
- Collard Greens - 4.2 grams per 1/2 cup
- Eggplant - 1.8 grams per ½ cup
- Hearts of Palm - .7 grams per 1 heart
- Kale - 2.4 grams per ½ cup
- Mushrooms – 1 gram per ½ cup
- Kohlrabi - 4.6 grams per ½ cup
- Leeks - 1.7 grams per ¼ cup

- Okra - 2.4 grams per ½ cup
- Black Olives (10 small, 5 large, or 3 jumbo olives) - 1 gram
- Onions - 2.8 grams per ¼ cup
- Pumpkin - 2.4 grams per ¼ cup
- Sauerkraut - 1.2 grams per ½ cup
- Spinach - .2 grams per ½ cup
- Summer Squash - 2 grams per ½ cup
- Tomato (1 medium) - 4 grams
- Cherry Tomatoes - 4 grams per cup
- Turnips - 2.2 grams per ½ cup

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### Fruits

- Limes – 2 grams per 1 ounce
- Lemons – 2 grams per 1 ounce
- Rhubarb - 1.7 grams per ½ cup
- Avocado – 4.8 grams each
- Apricots – 5 grams per fruit
- Strawberries – 11 grams per cup
- Blackberries - 7 grams per cup
- Raspberries – 5 grams per cup
- Red Grapefruit - 9 grams per 1/2 fruit

**Note:** with the exception of lemons and limes in moderation, fruits are best introduced slowly into the diet once ketosis has been established and weight loss goals are being met, and you should monitor their effects on your weight loss and adjust as needed.

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### **Dairy**

- Egg White – .3 grams
- Egg Yolk - .3 grams
- Whole Egg - .6 grams
- Heavy Whipping Cream - .5 grams per tablespoon
- Half-and-Half - .5 to 1 grams per tablespoon
- Plain Full Fat Greek Yogurt - 9 grams per cup
- Full Fat Sour Cream - 2 grams per 4 tablespoons
- Unsweetened Almond Milk – Less than 1 gram per cup

### **Cheeses**

- Gruyère Cheese - .1 grams per 1 ounce
- Cheddar - .5 gram per ounce
- Fontina - .4 grams per 1 ounce
- Havarti - .7 grams per 1 ounce
- Parmesan - .9 grams per 1 ounce
- Gouda - .6 grams per 1 ounce
- Mozzarella - .6 grams per 1 ounce
- Ricotta - .8 grams per 1 ounce
- Blue Cheese - 1 gram per 1 ounce
- Edam - .4 grams per 1 ounce
- Monterey - .1 grams per 1 ounce
- Muenster - .3 grams per 1 ounce
- Provolone - .6 grams per 1 ounce
- Neufchatel - .1 to .8 grams per 1 ounce

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## Herbs And Spices

- All Herbs And Spices Have Very Few Carbs

## Nuts & Seeds

- Almonds (2 tbsp. whole) – 1.4 grams
- Peanuts (2 tbsp.) – 1.8 grams
- Hazelnuts (2 tbsp. chopped) - 1 gram
- Macadamia Nuts (2 tbsp. chopped) - .9 grams
- Pecans (2 tbsp. chopped) - .6 grams
- Pine Nuts (2 tbsp.) - 1.7 grams
- Pistachio Nuts (2 tbsp.) - 3.1 grams
- Walnuts (2 tbsp. chopped) - 1.1 grams
- Pumpkin Seeds - 5 grams per ounce
- Sunflower Seeds (2 tbsp.) – 1.5 grams
- Almond Butter - 3 grams per tablespoon
- Peanut Butter – 2.4 grams per tablespoon

**Note:** Like fruit, nuts are best introduced slowly into the diet once ketosis has been established and weight loss goals are being met, and you should monitor their effects on your weight loss and adjust as needed.

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### Zero Carb Drinks

- Water
- Unsweetened Tea
- Unsweetened Coffee
- Club Soda
- Diet Soda (be cautious as artificial sweeteners can affect low carb weight loss)
- Sugar-Free Sparkling Water
- No-Calorie Flavored Seltzers

Herbal Tea (without added barley or fruit sugars)

## Alcoholic Beverages

### Pure Spirits Have 0 Carbs

- Gin
- Rum
- Vodka
- Whiskey
- Martini
- Tequila

A small amount of alcohol typically will not disturb ketosis, but it has to be the right alcohol. This means no beer, which is basically liquid bread, and no sugary cocktails, such as Pina Coladas, Daiquiris, White Russians, or Margaritas.

[Pure spirits](#) are best and should only be mixed with sugar-free liquids, like water, club soda, or diet tonic. Wine, which has a low amount of carbs, is okay but in strict moderation.

Track your weight loss progress if you are drinking to see if the alcohol has any adverse effect on your weight loss. If your progress stalls eliminate liquor to see if that makes a difference.

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### Miscellaneous And Snacks

- Shirataki Noodles – 0 Carbs
- White Vinegar – 0 Carbs
- Balsamic Vinegar – 0 Carbs
- Red Wine Vinegar – 0 Carbs
- Rice Vinegar (seasoned) 3 grams per tbsp.
- Soy Sauce - 1 gram per tablespoon
- Mustard – 0 Carbs
- Unflavored, powdered gelatin (use as a binder in recipes) – 0 Carbs
- Most Hot Sauces – 0 Carbs

- Turkey or Beef Jerky (not teriyaki flavor) - 3 grams per ounce
- Kale Chips - 8 grams per ounce
- Coconut Flakes - 4 grams per ounce
- Pickles - 1 gram per pickle
- Pepperoni – check the label for carb count
- Flaxseed crackers – check the label, some brands have about 2 grams per cracker

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