

ABC List

Column1

"A" Fats

Avocado
Almond oil
Avocado oil
Olive oil

"A" Vegetables

Scallions
Asparagus
Seaweed
Artichoke hearts
Snow peas
Arugula
Spinach
Bamboo shoots
Sprouts
Bell peppers
String beans
Turnips
Bok choy
Water chestnuts
Capers
Broccoli
Zucchini
Cabbage
Cauliflower
Celery
Chard
Watercress
Brussel sprouts
Cucumber
Endive

Column2

"A" Proteins

Fish:
Halibut
Tuna
Mackerel
Herring
Sardines
Salmon
Shrimp
Cod
Crab
Snapper
Scallops
Orange roughy
Perch
Pike
Bass
Tilapia
Catfish
Sole
Grouper
Rainbow trout
Steelhead
Mahi Mahi
Oysters
Lobster

"A" Fruits

Lemon
Lime
Rutabaga

Column3

Meat:

Wild game
Cornish hen
Skinless chicken breast
Ground chicken
Ground turkey
Rabbit
Buffalo
Pheasant
Venison
Turkey sausage
Chicken sausage

"A" Condiments

Curry powder
Cumin
Cinnamon
Basil
Chives
Cilantro
Dill
Fennel
Garlic
Miso salt
Mexican blend
Nutmeg
Oregano
Paprika

Column4

Dairy:

Goat cheese
Non-fat cottage cheese
Non-fat cream cheese
Feta cheese
Parmesan cheese (1 Tbs)
Non-fat ricotta
Jarlsberg Lite Swiss cheese

Other:

Protein powders
Egg, whey, soy, vegetable
Omega-3 enriched eggs
Chik Sticks Protein burger
Morning Star veggie sausage
Natural Touch Veggie Burgers
Tofu

"A" Carbohydrates

Hummus (as a condiment)
"Manna from Heaven" bread
Black soybeans
Low carb, hi fiber crackers
La Tortilla Factory tortillas

ABC List

Eggplant
Mustard, turnip greens
Kale
Onion
Roma tomatoes
Lettuce (NO ICEBERG)
Mushrooms
Okra
Radicchio
Radishes
Leeks
Kholrabi

"B" List

"B" Fats

Splash of cream once daily
Canola oil
High Oleic safflower oil
Coconut oil
Butter for cooking
Ghee
Seeds - raw, unsalted

"B" Fruits (one/daily)

Rutabaga
Pears
Plums
Raspberries
Strawberries
Tomatoes
Apples
Apricots
Blueberries
Cherries
Grapefruit
Nectarines

"B" Proteins

Beef (twice/wk)
Lamb (twice/wk)
Pork:
Lean, boiled ham
Loin chop
Pork tenderloin

"B" Vegetables

Carrots
Parsnips
Peas
Pumpkin
Low Carb Tomato Sauce

"B" Condiments

Sesame Tahini
Stevia

Rosemary
Tamari
Tarragon
Thyme
Parsley
Vanilla
Vinegar
Worcestershire sauce
Bragg's Liquid
Cardamom
Cayenne
Black pepper
Cajun seasonings

Dairy:

Havarti
Colby
Monterey Jack
Provolone
Non-fat plain yogurt with 1 Tbs flax
1% cottage cheese
Part skim ricotta
Cheddar

"B" Carbohydrates

Low Starch Hi Protein Pasta
Keto spaghetti
Lentils
Mung Beans
Navy beans
Adzuki beans

"B" Beverages

1 C real coffee
4 oz red wine

"A" Beverages

Water
Green tea
Black tea
Herbal tea

ABC List

Peaches
Kiwi

Poppy

"C" List - AVOID

"C" Dairy

Milk
Frozen custard
Frozen yogurt
Fruit-flavored yogurt
Ice cream
All full-fat hard cheeses
Swiss cheese
Gelato

"C" Proteins

Deli meats
Chicken/turkey roll
Hot dogs
Pastrami
Pork sausage
Honey turkey
Roast beef
Fried chicken
Chicken nuggets

"C" Fruits

Banana
Cantaloupe
Dried fruit
Honeydew
Grapes
Orange
Pineapple
Watermelon

"C" Sweeteners

Brown sugar
Sugar
Artificial sweeteners
Dextrose
Fructose
Honey
Maple syrup

"C" Fats/Oils

Corn oil
Hydrogenated fats
Lard
Margarine with trans fats
Peanut oil
Safflower oil
Soybean oil
Squeezable oil/butter
Sunflower oil
Mayonnaise
(unless made with olive oil)

"C" Beverages

Soda pop
Fruit juice
Sports drinks
Beer
Hard liquor

"C" Carbohydrates

Chips
Cakes
Cookies
Breakfast bars
Energy bars
Popcorn
Pretzels
All breads > 7 carbs/slice
Couscous
Crackers (except low carb)

French fries
Yams
White potatoes
Muffins
Pasta
Rice
Quinoa
Dry cereal

ABC List

Column5