



Arugula (Rocket)  
 Artichokes  
 Asparagus  
 Bell Peppers  
 Bok Choy  
 Broccoli  
 Brussels Sprouts  
 Cabbage  
 Carrots  
 Cauliflower  
 Celery  
 Chard  
 Chicory Greens  
 Chives  
 Cucumber  
 Dandelion Greens  
 Eggplant (Aubergine)  
 Endives  
 Fennel  
 Garlic  
 Green beans  
 Jicama  
 Kale  
 Kohlrabi  
 Leeks  
 Leafy Greens (Various Kinds)  
 Lettuce  
 Mushrooms (All Kinds)  
 Mustard Greens  
 Okra  
 Onions  
 Parsley  
 Peppers (All Kinds)  
 Pumpkin  
 Radicchio  
 Radishes  
 Rhubarb  
 Romaine Lettuce  
 Scallion  
 Shallots  
 Seaweed (All Sea Vegetables)  
 Spaghetti Squash  
 Spinach  
 Swiss Chard  
 Tomatoes  
 Turnip Greens  
 Watercress  
 Zucchini  
 Fermented Vegetables (Kimchi)  
 Sauerkraut



Avocado  
 Blackberry  
 Blueberry  
 Cranberry  
 Olive  
 Lemon  
 Lime  
 Raspberry  
 Strawberry



Almonds  
 Hazelnuts  
 Macadamias  
 Pecans  
 Pine Nuts  
 Pistachios  
 Pumpkin Seeds  
 Psyllium Seeds  
 Sesame Seeds  
 Sunflower Seeds  
 Walnuts  
 Cashews  
 Chia Seeds  
 Various Nut Butters



Butter (if you tolerate dairy)

Heavy Cream  
 Mayonnaise  
 Avocado Oil  
 Ghee  
 Coconut Oil  
 Lard  
 Tallow  
 Olive Oil  
 Macadamia Oil  
 Red Palm Oil  
 Palm Shortening  
 Coconut Butter  
 Cocoa Butter  
 Walnut Oil  
 Sesame Oil  
 MCT Oil



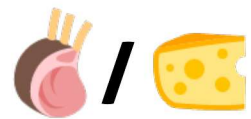
Anchovies  
 Bass  
 Cod  
 Eel  
 Flounder  
 Haddock  
 Halibut  
 Herring  
 Mackerel  
 Mahi Mahi  
 Mackerel  
 Orange Roughy  
 Perch  
 Red Snapper  
 Rockfish

Salmon (including Smoked Salmon)

Sardines  
 Tilapia  
 Tuna (including Albacore)  
 Sole  
 Grouper  
 Turbot  
 Trout  
 Shark



Crystal Lite  
 Clearly American drinks  
 Coconut Milk  
 Almond Milk  
 Cashew Milk  
 Broth (or Bouillon)  
 Coffee  
 Tea (Non sweetened)  
 Herbal Teas  
 Water  
 Seltzer Water  
 Club Soda  
 Sparkling Mineral Water



Lamb  
 Pheasant  
 Pork  
 Quail  
 Rabbit  
 Turkey  
 Veal  
 Ham  
 Chicken and Beef  
 Cured and Premade Meats (e.g., sausages, deli meat, hot dogs, pepperoni, prosciutto, salami, bacon – check ingredients)

Cheese (avoid low-fat versions)

## Other

Almond Flour or Almond Meal  
 Beef Jerky  
 Coconut Flour

Cacao Powder (unsweetened)

Eggs

Hot Sauce (check ingredients)

Mayonnaise (not light)

Mustard  
 Olives  
 Pork Rinds  
 Pickles  
 Sour cream  
 Vanilla Extract

Vinegars (check the ingredients to make sure they don't have added sugar)

## Modified Atkins Food List

(Always check labels for carbohydrates)