



## Protein

**Meat:** Beef, pork, lamb, game and poultry. The fat is useful as well as the skin on the chicken. Choose organic and grass-fed if you can.

**Fish and seafood:** All kinds. Preferably fatty fish such as salmon, mackerel or herring.

**Eggs:** All kinds. Preferably organic.

## Natural fat

Using butter and cream for cooking can make your food taste better and make you feel more satisfied. Try a Béarnaise or Hollandaise sauce, check the ingredients or make it yourself. Coconut fat, avocado oil or olive oil are also good options.

## Do you have diabetes?

Once you start eating low carb you may instantly have to lower any insulin doses, a lot. You need to test your blood sugar frequently when starting this diet and adapt (lower) your medication. This should ideally be done with the assistance of a knowledgeable physician.

## Vegetables

All kinds of cabbage. Asparagus, zucchini, eggplant, olives, spinach, mushrooms, cucumber, lettuce, peppers, tomatoes etc.

## Dairy products

Always select full-fat options like real butter, cream (40% fat), sour cream and cheeses. Be careful with regular milk, reduced fat and skim milk as they contain a lot of milk sugar. Avoid flavored, sugary and low-fat products.

## Nuts and berries

Enjoy low-carb nuts like brazil nuts, macadamia and almonds. Berries like raspberries, strawberries and blueberries are OK in moderation for most people. Great with whipped cream. Reduce or exclude for weight loss.

## Everyday drinks

**Water:** Still or sparkling. Add a slice of lemon or lime.

**Coffee and tea:** Feel free to add a little milk or cream. Hungry between meals? Try adding a dollop of unsalted butter or coconut fat.

## Sugar

Soft drinks, candy, juice, sports drinks, chocolate, cakes, buns, pastries, ice cream and breakfast cereals. Also avoid artificial sweeteners: they often maintain sugar cravings.

## Starch

Bread, pasta, rice, potatoes, French fries, potato chips, porridge, muesli etc. Moderate amounts of root vegetables are okay if you are not too strict with carbohydrate restriction.

## Margarine

Industrial butter imitation with unnaturally high content of omega-6 fat and additives. It has no health benefits and tastes bad.

## Beer

Liquid bread. Full of rapidly absorbed carbs.

## Fruit

Contains a lot of sugar, eat it as a natural form of candy. Dried fruit contains even more carbohydrates. Coconut, citrus and melon contain fewer carbohydrates than, for example, bananas and grapes.

## For special occasions

You decide when the time is right. Keep in mind that your weight loss could slow down a bit.

**Alcohol:** Dry wine (regular red or dry white wine), champagne, whisky, brandy, vodka and cocktails without sugar.

**Dark chocolate:** Above 70% cocoa, preferably just a bit.