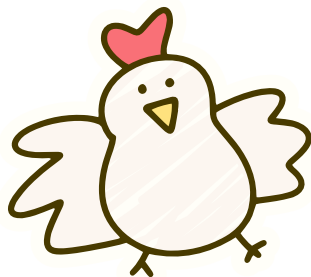


High Protein Low Carb Foods List

Meats (Cooked)

Chicken Breast: 31g (100g/3.5 oz)
Turkey Breast: 29g (100g/3.5 oz)
Ground Turkey: 28g (100g/3.5 oz)
Duck: 27g (100g/3.5 oz)
Lean Beef Steak: 26g (100g/3.5 oz)
Lamb: 25g (100g/3.5 oz)
Pork Chops: 25g (100g/3.5 oz)
Ground Beef: 22g (100g/3.5 oz)



Dairy

Cottage Cheese: 28g (226g/1 cup), ~4-6g net carbs
Greek Yogurt (Plain, Unsweetened): 23g (245g/1 cup), ~4-5g net carbs
Parmesan: 10g (28g/1 oz)
Cheddar: 7g (28g/1 oz)
Swiss: 7g (28g/1 oz)
Mozzarella: 7g (28g/1 oz)

Other Animal Products

Turkey Stick: 12g (32g/1 stick)
Chicken Bone Broth: 10g (240ml/1 cup), ~1g net carbs
Beef Jerky: 9.4g (246g/1 cup)
Beef Bone Broth: 9g (240ml/1 cup), ~1g net carbs
Pepperoni: 6g (15g/3 slices)
Large Egg: 6g (50g/1 egg)
Egg Whites: 3.6g (30g/1 egg)

Fruits

Avocado: 4g (200g/1 whole), ~2-3g net carbs
Blackberries: 2g (144g/1 cup), ~5g net carbs



Other Soy Protein

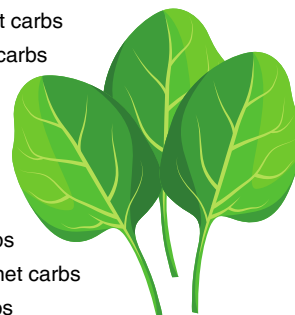
Seitan: 25g (100g/3 oz), ~4-6g net carbs
Tempeh: 20g (84g/3 oz), ~3g net carbs
Tofu, High Protein: 14g (84g/3 oz), ~2g net carbs
Soy Nuts: 10g (28g/1 oz), ~4g net carbs
Edamame: 9g (85g/½ cup), ~3-4g net carbs

Seafood (Cooked)

Tuna: 28g (100g/3.5 oz)
Tilapia: 26g (100g/3.5 oz)
Salmon: 25g (100g/3.5 oz)
Sardines (canned): 25g (100g/3.5 oz)
Shrimp: 24g (100g/3.5 oz)
Swordfish: 23g (100g/3.5 oz)
Red Snapper: 22g (100g/3.5 oz)
Rockfish: 22g (100g/3.5 oz)

Beans & Legumes (Cooked)

Black Soybeans: 11g (85g/½ cup), ~1g net carbs
Lupini Beans: 12g (60g/½ cup), ~4g net carbs
Mung Beans: 7g (100g/½ cup), ~6g net carbs
Edamame: 9g (85g/½ cup), ~3-4g net carbs



Vegetables (Cooked)

Spinach: 5g (180g/1 cup), ~2g net carbs
Collard Greens: 5g (170g/1 cup), ~4g net carbs
Broccoli: 4g (156g/1 cup), ~3g net carbs
Asparagus: 4g (180g/1 cup), ~3g net carbs
Brussels Sprouts: 4g (156g/1 cup), ~4-5g net carbs
Mustard Greens: 3g (140g/1 cup), ~2g net carbs
Kale: 2g (130g/1 cup), ~3g net carbs

Nuts & Seeds

Chia Seeds: 4.7g (28g/1 oz), ~2g net carbs
Flaxseeds: 7.8g (28g/1 oz), ~1-2g net carbs
Pumpkin Seeds: 5.2g (28g/1 oz), ~2g net carbs
Almonds: 6g (28g/1 oz), ~2g net carbs
Pistachios: 5.8g (28g/1 oz), ~4-5g net carbs

Other

Pea Protein: 27g (36g/2 scoops), ~1g net carbs
Protein Powder, Whey: 24g (32g/1 scoop), ~1g net carbs
Protein Powder, Vegan: 16-24g (32g/1 scoop), ~2-4g net carbs
Peanut Butter Powder: 8g (15g/1 scoop), ~2g net carbs
Peanut Butter: 8g (32g/2 Tbsp), ~3-4g net carbs
Almond Butter: 7g (32g/2 Tbsp), ~3-4g net carbs

