




Food	Serving size	Carbs (grams)
 <b>VEGETABLES</b>		
<input type="checkbox"/> Asparagus	1 cup	5.3
<input type="checkbox"/> Bell Peppers	1 pepper	4
<input type="checkbox"/> Broccoli	1 cup	6
<input type="checkbox"/> Brussel Sprouts	1 cup	8
<input type="checkbox"/> Cauliflowers	1 cup	5
<input type="checkbox"/> Celery	1 cup	3
<input type="checkbox"/> Chili Peppers	1 pepper	4
<input type="checkbox"/> Cucumber	1 medium	7.3
<input type="checkbox"/> Eggplant	1 medium	49
<input type="checkbox"/> Garlic	1 clove	1
<input type="checkbox"/> Green Beans	1 cup	10
<input type="checkbox"/> Habanero Peppers	1 pepper	4
<input type="checkbox"/> Jalapeno Peppers	1 pepper	1
<input type="checkbox"/> Leeks	1 cup	8
<input type="checkbox"/> Mushrooms	1 cup	8.3
<input type="checkbox"/> Olives	1 cup	8.5
<input type="checkbox"/> Onions	1 tbsp	9
<input type="checkbox"/> Pickles	1 cups	3.5
<input type="checkbox"/> Poblano Peppers	1 pepper	9
<input type="checkbox"/> Pumpkins	1 cup	8
<input type="checkbox"/> Radishes	1 cup	3.9
<input type="checkbox"/> Red Peppers	1 pepper	4
<input type="checkbox"/> Rhubarb	1 cup	6
<input type="checkbox"/> Scallions	1 cup	7
<input type="checkbox"/> Shallots	1 tbsp	1.7
<input type="checkbox"/> Spaghetti Squash	1 cup	10
<input type="checkbox"/> Turnips	1 medium	6
<input type="checkbox"/> Yellow Squash	1 medium	15
<input type="checkbox"/> Zucchini	1 medium	5.8

Food	Serving size	Carbs (grams)
 <b>NUTS AND SEEDS</b>		
<input type="checkbox"/> Almond Butter	1 tbsp	9
<input type="checkbox"/> Almonds	1 cup	30
<input type="checkbox"/> Brazil Nuts	1 cup	15
<input type="checkbox"/> Cashews	1 cup	39
<input type="checkbox"/> Chia Seeds	1 cup	48
<input type="checkbox"/> Flax Seeds	1 cup	49
<input type="checkbox"/> Hazelnuts	1 cup	23
<input type="checkbox"/> Hemp Seeds	1 cup	48
<input type="checkbox"/> Macadamia Nuts	1 cup	19
<input type="checkbox"/> Peanut Butter	1 tbsp	8
<input type="checkbox"/> Peanuts	1 cup	24
<input type="checkbox"/> Pecans	1 cup	15
<input type="checkbox"/> Pine Nuts	1 cup	18
<input type="checkbox"/> Pistachios	1 cup	34
<input type="checkbox"/> Poppy Seeds	1 cup	39
<input type="checkbox"/> Pumpkin Seeds	1 cup	34
<input type="checkbox"/> Sunflower Seeds	1 cup	28
<input type="checkbox"/> Walnuts	1 cup	16

 <b>SWEETENERS</b>		
<input type="checkbox"/> Equal	per packet	0
<input type="checkbox"/> Erythritol	1 tsp	4
<input type="checkbox"/> Monk Fruit Sweetener (In the Raw)	per packet	1
<input type="checkbox"/> Splenda	per packet	0
<input type="checkbox"/> Stevia	per packet	0
<input type="checkbox"/> Sucralose	1 tsp	0
<input type="checkbox"/> Sweet'N Low	per pack	1
<input type="checkbox"/> Truvia	per packet	0
<input type="checkbox"/> Xylitol	1 tsp	4

Food	Serving size	Carbs (grams)
<b>BEVERAGES</b>		
<input type="checkbox"/> Black Tea (Brewed/Unsweetened)	8 fl. oz	0
<input type="checkbox"/> Bone Broth	8 fl. oz	0.6
<input type="checkbox"/> Coffee	8 fl. oz	0
<input type="checkbox"/> Cranberry Juice (Tropicana)	8 fl. oz	35
<input type="checkbox"/> Crystal Light	8 fl. oz	0
<input type="checkbox"/> Diet Soda (Coke Zero)	12 fl. oz	5
<input type="checkbox"/> Gatorade	32 fl. oz	35
<input type="checkbox"/> Gin	1.5 fl. oz	0
<input type="checkbox"/> Green Tea (Brewed/Unsweetened)	8 fl. oz	0
<input type="checkbox"/> Light Beer (Michelob Ultra)	12 fl. oz	2.6
<input type="checkbox"/> Orange Juice (Minute Maid)	32 fl. oz	27
<input type="checkbox"/> Pineapple Juice (Dole)	8 fl. oz	32
<input type="checkbox"/> Powerade	32 fl. oz	22
<input type="checkbox"/> Red Wine	5 fl. oz	4
<input type="checkbox"/> Soda Water, Seltzer, Mineral Water	8 fl. oz	0
<input type="checkbox"/> Tequila (80 proof)	1.5 fl. oz	0
<input type="checkbox"/> Unsweetened Iced Tea (Lipton)	8 fl. oz	0
<input type="checkbox"/> Vodka	1.5 fl. oz	0
<input type="checkbox"/> Water	8 fl. oz	0
<input type="checkbox"/> White Tea (Brewed/Unsweetened)	8 fl. oz	0
<input type="checkbox"/> White Wine	5 fl. oz	4

Food	Serving size	Carbs (grams)
<b>MEAT AND POULTRY</b>		
<input type="checkbox"/> Bacon (Cooked)	1 slice	0.2
<input type="checkbox"/> Bison	4 oz	0
<input type="checkbox"/> Bratwurst	1 link	2
<input type="checkbox"/> Breakfast Sausage	1 link	0
<input type="checkbox"/> Chicken Breast: Skinless, Boneless	1 breast	0
<input type="checkbox"/> Deli meats: chicken, turkey, ham, pastrami, etc.	1 oz	0.7
<input type="checkbox"/> Duck Liver	1 liver (44g)	1.6
<input type="checkbox"/> Ground Beef	4 oz	0
<input type="checkbox"/> Ground Turkey, Chicken	4 oz	0
<input type="checkbox"/> Hot Dog	1 link	2
<input type="checkbox"/> Italian Sausage	1 link	3
<input type="checkbox"/> Lamb	4 oz	0
<input type="checkbox"/> Lamb Chops	6 oz	0
<input type="checkbox"/> Pork	6 oz	0
<input type="checkbox"/> Top Sirloin	4 oz	0
<input type="checkbox"/> Veal	4 oz	0

<b>FATS</b>		
<input type="checkbox"/> Almond Oil	1 tbsp	0
<input type="checkbox"/> Avocado Oil	1 tbsp	0
<input type="checkbox"/> Butter	1 tbsp	0
<input type="checkbox"/> Coconut Oil	1 tbsp	0
<input type="checkbox"/> Extra Virgin Olive Oil	1 tbsp	0
<input type="checkbox"/> Flaxseed Oil	1 tbsp	0
<input type="checkbox"/> Ghee Butter	1 tbsp	0
<input type="checkbox"/> MCT Oil	1 tbsp	0
<input type="checkbox"/> Soybean Oil	1 tbsp	0

Food	Serving size	Carbs (grams)
<b>FRUITS</b>		
<input type="checkbox"/> Apple	1 medium	25
<input type="checkbox"/> Avocados	1	17
<input type="checkbox"/> Bananas	1 medium	27
<input type="checkbox"/> Blackberries	1 cup	14
<input type="checkbox"/> Blueberries	1 cup	21.4
<input type="checkbox"/> Cantaloupe	1 cup cubed	45
<input type="checkbox"/> Coconut (Flesh)	1 cup	12.9
<input type="checkbox"/> Cranberries	1 cup	13.2
<input type="checkbox"/> Grapes	1 cup	16
<input type="checkbox"/> Kiwi	1 fruit	10
<input type="checkbox"/> Lemon	1 cup sliced	19.8
<input type="checkbox"/> Lime	1 cup sliced	7.6
<input type="checkbox"/> Mango	1 cup sliced	24.7
<input type="checkbox"/> Orange	1 large	22
<input type="checkbox"/> Peach	1 large	17
<input type="checkbox"/> Pears	1 large	35
<input type="checkbox"/> Pineapple	1 cup sliced	19.5
<input type="checkbox"/> Plum	1 fruit	7.54
<input type="checkbox"/> Raspberries	1 cup	14.7
<input type="checkbox"/> Strawberries	1 cup sliced	12.7
<input type="checkbox"/> Tomatoes (Grape)	1 medium	4.8
<input type="checkbox"/> Watermelon	1 cup	11

Food	Serving size	Carbs (grams)
<b>PLANT-BASED PROTEINS</b>		
<input type="checkbox"/> Chickpeas	1 cup	45
<input type="checkbox"/> Lentils	1 cup	40
<input type="checkbox"/> Quinoa	1 cup	28
<input type="checkbox"/> Seitan (Wheat Gluten)	1 cup	13.6
<input type="checkbox"/> Spirulina	1 cup	27
<input type="checkbox"/> Tempeh	1 cup	13
<input type="checkbox"/> Tofu	1 cup	4

Food	Serving size	Carbs (grams)
<b>HERBS AND SPICES</b>		
<input type="checkbox"/> Adobo (Goya)	1 tbsp	0
<input type="checkbox"/> Basil	2 tbsp	1
<input type="checkbox"/> Cayenne	1 tbsp	3
<input type="checkbox"/> Chili Powder	1 tbsp	4
<input type="checkbox"/> Chinese 5 Spice	1 tbsp	4.2
<input type="checkbox"/> Cilantro	1 tbsp	0
<input type="checkbox"/> Cinnamon	1 tbsp	5
<input type="checkbox"/> Garam Masala	1 tbsp	7
<input type="checkbox"/> Garlic Powder (Lawry's)	1 tbsp	1
<input type="checkbox"/> Mint	2 tbsp	5
<input type="checkbox"/> Paprika	1 tbsp	3.7
<input type="checkbox"/> Parsley	1 tbsp	0.2
<input type="checkbox"/> Rosemary	1 tbsp	2
<input type="checkbox"/> Tarragon	1 tbsp	2.4
<input type="checkbox"/> Thyme	1 tbsp	9.6

Food	Serving size	Carbs (grams)
<b>SEAFOOD</b>		
<input type="checkbox"/> Clams	3 oz	4.4
<input type="checkbox"/> Flounder	3 oz	0
<input type="checkbox"/> Herring	3 oz	0
<input type="checkbox"/> Mackerel	3 oz	0
<input type="checkbox"/> Mussels	3 oz	6
<input type="checkbox"/> Octopus	3 oz	3.7
<input type="checkbox"/> Oysters (Pacific)	1 medium	2.5
<input type="checkbox"/> Salmon	3 oz	0
<input type="checkbox"/> Sardines	1 small	0
<input type="checkbox"/> Scallops	3 oz	4.6
<input type="checkbox"/> Shrimp	3 oz	1
<input type="checkbox"/> Squid	3 oz	2.6
<input type="checkbox"/> Trout	3 oz	0
<input type="checkbox"/> Tuna (Bluefin)	3 oz	0

Food	Serving size	Carbs (grams)
<b> LEAFY GREENS</b>		
<input type="checkbox"/> Arugula	1 cup	0.7
<input type="checkbox"/> Beet Greens (Beet Root)	1 cup	7.9
<input type="checkbox"/> Bok Choy	1 cup	3
<input type="checkbox"/> Brussel Sprouts	1 cup	7.8
<input type="checkbox"/> Butter Lettuce	1 cup	1.2
<input type="checkbox"/> Cabbage	1 cup chopped	8.3
<input type="checkbox"/> Capers	1 cup	6.7
<input type="checkbox"/> Chicory Greens	1 cup sliced	1.4
<input type="checkbox"/> Collard Greens	1 cup chopped	11
<input type="checkbox"/> Endive	1 cup chopped	1.8
<input type="checkbox"/> Fennel	1 cup sliced	6.4
<input type="checkbox"/> Iceberg Lettuce	1 cup	1.7
<input type="checkbox"/> Kale	1 cup	7.3
<input type="checkbox"/> Mustard Greens	1 cup	2.6
<input type="checkbox"/> Rapini (Broccoli Rabe)	1 cup chopped	1
<input type="checkbox"/> Romaine Lettuce	1 cup chopped	1.5
<input type="checkbox"/> Spinach	1 cup	8
<input type="checkbox"/> Swiss Chard	1 cup chopped	13
<input type="checkbox"/> Turnip Greens	1 cup chopped	3.9
<input type="checkbox"/> Watercress	1 cup chopped	0.4

Food	Serving size	Carbs (grams)
<b> FLOUR</b>		
<input type="checkbox"/> Almond Flour	1 cup	24
<input type="checkbox"/> Almond Meal	1 cup	24
<input type="checkbox"/> Chia Seed Flour	1 cup	24
<input type="checkbox"/> Cocoa Powder	1 cup	50
<input type="checkbox"/> Coconut Flour	1 cup	65
<input type="checkbox"/> Ground Flaxseed	1 cup	49
<input type="checkbox"/> Hazelnut Flour	1 cup	23
<input type="checkbox"/> Macadamia Flour	1 cup	36
<input type="checkbox"/> Oat Fiber	1 cup	68
<input type="checkbox"/> Soy Flour	1 cup	43

Food	Serving size	Carbs (grams)
<b> DAIRY AND EGGS</b>		
<input type="checkbox"/> Almond Milk	1 cup	3.4
<input type="checkbox"/> Blue Cheese	1 oz	0.7
<input type="checkbox"/> Cream Cheese	1 tbsp	0.8
<input type="checkbox"/> Eggs (Grade A, Large, White)	1 large egg	6
<input type="checkbox"/> Flax Milk	1 cup	7
<input type="checkbox"/> Goat Cheese	1 oz	0
<input type="checkbox"/> Half-and-Half	1 tbsp	0.7
<input type="checkbox"/> Heavy Cream (Whipped)	1 cup	6.5
<input type="checkbox"/> Oat Milk	1 cup	16
<input type="checkbox"/> Parmesan Cheese	1 oz	1
<input type="checkbox"/> Rice Milk	1 cup	22
<input type="checkbox"/> Sour Cream	1 tbsp	1
<input type="checkbox"/> Soy Milk	1 cup	8

Food	Serving size	Carbs (grams)
<b> CONDIMENTS</b>		
<input type="checkbox"/> Hot Sauce (Frank's RedHot Original)	1 tbsp	0
<input type="checkbox"/> Italian Vinaigrette	1 tbsp	0.4
<input type="checkbox"/> Kimchi	1 cup	3.6
<input type="checkbox"/> Liquid Aminos (Soy Sauce Alternative)	1 tbsp	0.1
<input type="checkbox"/> Marinara Sauce	.5 cup	10
<input type="checkbox"/> Mayonnaise	1 tbsp	0
<input type="checkbox"/> Mustard	1 tbsp	1
<input type="checkbox"/> Sriracha (Huy Fong Foods)	1 tbsp	3
<input type="checkbox"/> Sugar-free BBQ Sauce (G Hughes)	1 tbsp	1
<input type="checkbox"/> Sugar-free Steak Sauce (G Hughes)	1 tbsp	1
<input type="checkbox"/> Unsweetened Ketchup (Primal Kitchen)	1 tbsp	2