

Low Carb Checklist

A practical low-carb checklist of foods to choose versus limit, with simple meal ideas to get started.

Proteins to Choose

- Chicken, turkey and other poultry
- Fish and seafood, including salmon and shrimp
- Eggs
- Beef, pork and lamb
- Tofu and tempeh for plant-based protein
- Cheese and plain Greek yogurt

Protein helps you stay full while cutting carbs.

Non-Starchy Vegetables to Choose

- Leafy greens: spinach, kale, lettuce
- Broccoli, cauliflower and cabbage
- Zucchini, peppers and mushrooms
- Cucumber, celery and asparagus
- Tomatoes and green beans in moderation

Non-starchy veg add fiber and volume with few carbs.

Healthy Fats to Choose

- Olive oil and avocado oil
- Avocados
- Nuts and seeds in sensible portions
- Butter or ghee in moderation
- Olives

Fats add flavor and satisfaction to low-carb meals.

Foods to Limit

- Sugary drinks, soda and sweetened juice
- Candy, pastries, cookies and cakes
- Bread, bagels and most baked goods
- White rice, pasta and potatoes
- Breakfast cereals and granola
- Very sweet fruits in large amounts

These are the biggest sources of carbs in most diets.

Simple Low-Carb Meals

- Breakfast: eggs with spinach and avocado
- Lunch: big salad with chicken, olive oil and cheese
- Dinner: salmon with roasted broccoli and butter
- Snack: a handful of nuts or cheese with cucumber
- Swap: cauliflower rice or zucchini noodles for grains and pasta

Easy swaps make familiar meals lower in carbs.

Tips to Succeed

- Plan a few meals so you are not caught without options
- Read labels for hidden sugar and starches
- Stay hydrated and include enough salt and fiber
- Choose a carb level that is realistic for the long term
- Use this printable checklist when shopping and planning
- Important: this is general information, not medical or dietary advice

If you have diabetes or take medication, consult your doctor or a registered dietitian first.