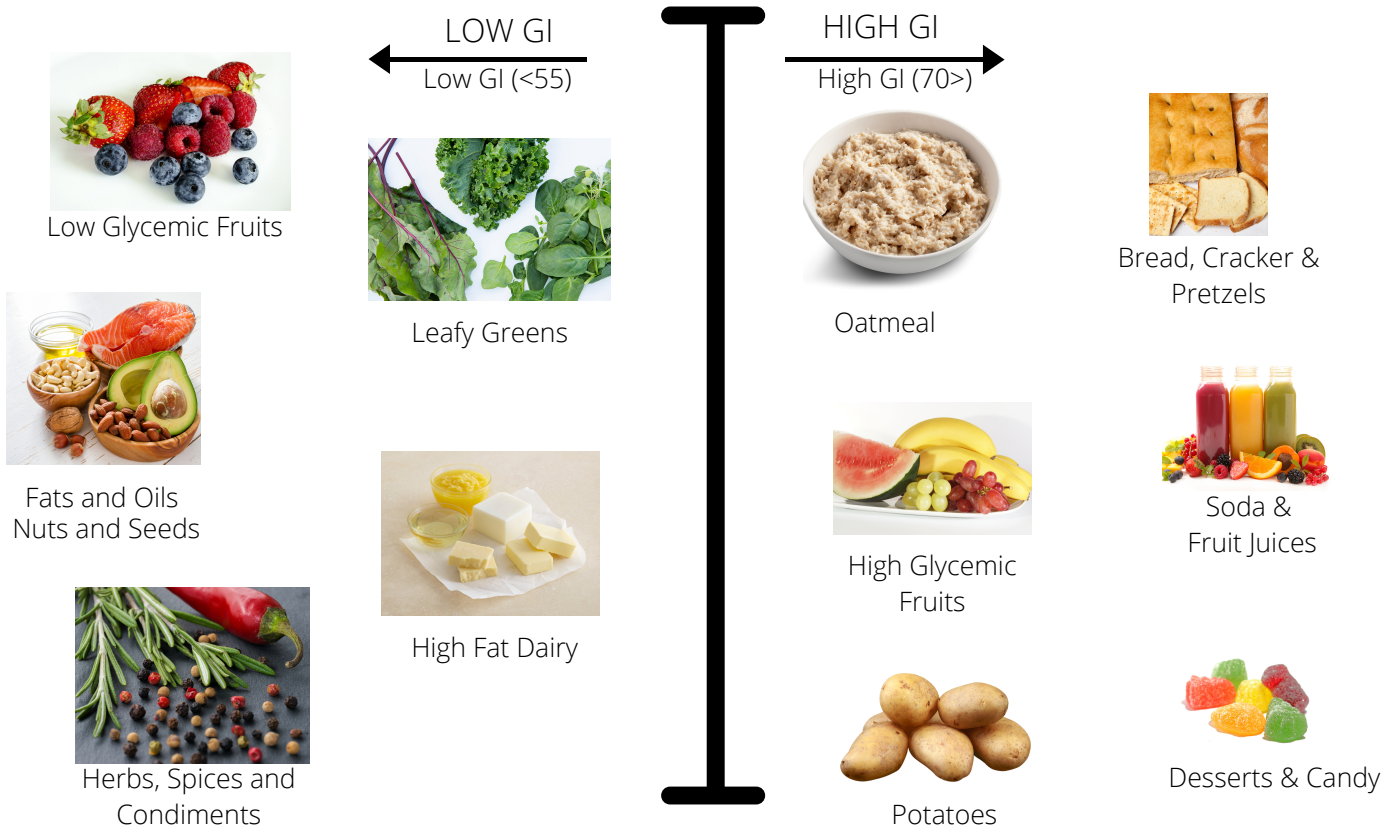


What to Eat & Drink

Choosing Low Glycemic Foods

the best & the worst



HEALTHY SNACKS

Be sure to have some of these on hand. Readily available snacks are lifesavers when you're hungry and don't have immediate access to a healthy meal.

- Olives
- Pickles
- Sardines
- Soft cheese with celery
- Veggies with blue-cheese dressing/dip
- Nori or seaweed snacks
- Nuts (almonds, Brazil nuts, macadamia nuts, pecans)
- High-fat yogurt (we love triple cream)
- Beef jerky (without added sugar)
- Bone broth
- Cacao nibs
- Cheese
- Chicharrones or pork rinds
- Hard-boiled eggs

LOW-CARB INGREDIENTS TO COOK WITH

- Avocado
- Bacon
- Berries (in moderation)
- Broccoli
- Brussels sprouts
- Cauliflower and cauliflower rice
- Celery
- Chia seeds (great for baking and puddings)
- Seafood (fish and shellfish)
- Sweeteners (erythritol, monk fruit, and stevia)
- Asparagus
- Chia seeds (great for baking and puddings)
- Coconut flour (good for baking)
- Cucumber
- Dairy (full-fat: heavy cream, cheese, butter, cream cheese, sour cream)
- Dark leafy greens
- Eggs
- Flaxseeds (great for baking and smoothies)
- Xanthan gum (a binder for baked goods and a thickener for sauces and soups)
- Hemp hearts (rich in good fat, protein and minerals; good for breading and baking)
- Meat (beef, pork, poultry with skin), preferably hormone-free and grass-fed
- Nuts (almonds, Brazil nuts, macadamia nuts, pecans)
- Oils/fats (olive oil, avocado oil, ghee, MCT oil, coconut oil)
- Zucchini (in moderation as they contain some carbs)
- Almond flour (great for baking and breading)