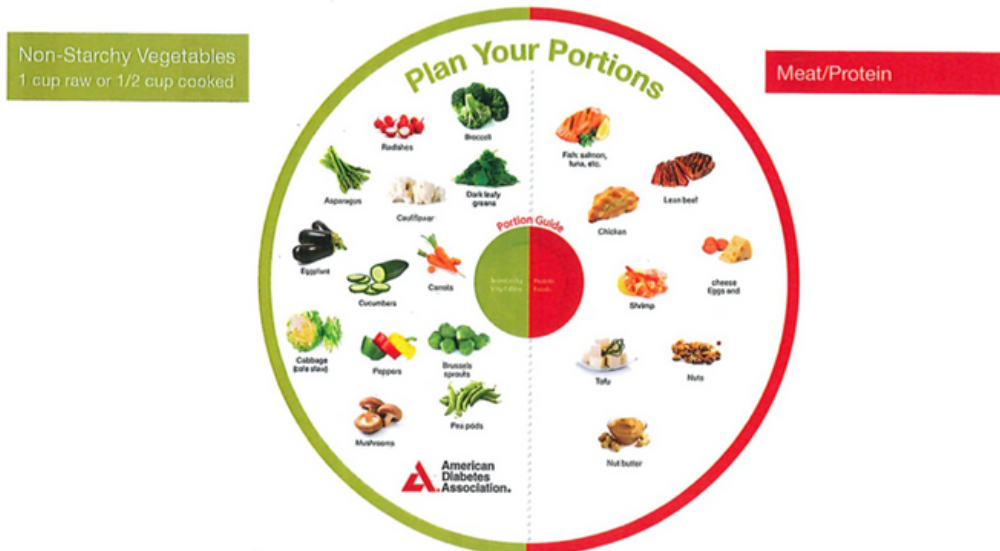




Very Low Carb Plate – What to Eat



Non – Starchy Vegetables

Fill half the plate with non-starchy vegetables such as:

- Artichoke
- Arugula
- Asparagus
- Bok Choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Eggplant
- Endive
- Green Beans
- Kale
- Lettuce
- Mushrooms
- Mustard greens
- Okra
- Onions
- Peppers
- Radishes
- Rutabaga
- Snow peas
- Spinach
- Tomatoes
- Turnip
- Turnip greens
- Zucchini

Proteins & Fats

Fill half the plate with proteins such as:

Meat – Beef (steak, brisket, flank etc.), Chicken, Duck, Goat, Lamb, Pork, Turkey

Seafood – Fish (cod, salmon, sardines), Shrimp, Crab, Lobsters, scallops, octopus, shellfish (mussels, clams, oysters)

Dairy – Cheese, Full fat dairy, Yogurt, Milk, Nut milks,

Eggs – Eggs, Egg whites

Vegetarian – Seeds (hemp, chia, sunflower, pumpkin), Tempeh, Tofu

Healthy Fats – Coconuts, olives, nuts (almonds, cashews, peanuts, walnuts), nut butters, oil (olive, avocado)

Further Resources:

- Videos: [Dr. Jason Fung's YouTube channel](#)
- Books: [The Diabetes Code](#), [The Diabetes Code Cookbook](#), [The Diabetes Code Journal](#)
- Fasting Support: www.TheFastingMethod.com