

Zero or Low Carb Food List

Have you ever wanted to have something delicious on the Keto diet, but don't want to worry about carbs? There are hundreds of foods that don't have carbs. Sometimes it comes down to what you're in the mood for. Check out this zero carb food list.

Almost No Carb Veggies

Cucumbers
Radishes
Lettuce
Spinach
Celery
Bok Choy
Celery
Parsley
Broccoli
Cauliflower
Cucumber
Cabbage
Squash
Zucchini

Almost No Carb Dairy

Heavy Cream
Whipping Cream
Shredded Cheese
Eggs (low carb count)
Whipped Cream
Butter

Almost No Carb Oils

Canola Oil
Coconut Oil
Grapeseed Oil
Olive Oil
Flaxseed Oil

Almost No Carb Seasonings

Salt

Pepper
Cinnamon
Yellow Mustard
Hot Sauce
Premade Packets (just check the nutritional value)

Almost No Carb Drink Options

Plain Black Coffee
Plain Black Tea
Most Diet Soda
Sparkling Water
Regular Water

Almost No Carb Protein

Beef
Pork
Lamb
Tuna
Swordfish
Salmon
Veal
Fowl
Trout
Venison
Bison
Shrimp
Mussels
Clams
Crab
Catfish

Almost No Carb Alcohol

Tequila
Scotch
Vodka
Whiskey
Rum

- Make sure you choose the unflavored versions

