

# A Simple Low Carb Life

*Other Allowed Foods*

**Module 3-Video 2**

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**What will I be eating other  
than  
Protein and Veggies?**

# Eat fiber daily to avoid constipation:

Add **2-3 Tablespoons (minimum) daily** of any combination or single item of the following fiber sources. Increase if needed.

*Chia seeds*

*Flaxseed meal*

*Flaxseeds*

*Hemp Hearts or Seeds*

*Psyllium husks*

**Additional Fiber:** *Shirataki Noodles* (Good pasta substitution)  
Found in the refrigerated “tofu” section of grocery stores and Asian markets. Brand names: *House of Tofu, Pasta Zero, Miracle Noodle, Quest*, among others.

## Other Permitted Foods:

### Additional Beverages:

- Water (at least 84-96 ounces per day)
- Tea (limit caffeinated teas after lunch and switch to decaf or herbal)
- Coffee (switch to decaf after lunch)
- Mio, Dasani, or other Water Enhancers
- Carbonated Water (zero calories, zero carbs, and *not sweetened with Aspartame*)
- Flavored waters (Splenda or Stevia sweetened and ZERO carbs)
- Unsweetened, plain coconut milk
- Unsweetened, plain almond milk
- Unsweetened, plain soy milk
- Unsweetened, plain hemp milk

*No cow's or goat's milk of any type* or sweetened or flavored almond, soy, hemp, or coconut milk due to high carbohydrate content. **READ THE LABELS!**

## **Dairy:**

Half and half

Whipping cream

## **Cheese:**

Laughing Cow wedges and BabyBel cheese

Cream cheese

Goat cheese

Feta cheese

Parmesan

Cheddar

Cottage cheese (1/2 cup serving)

*Any cheese with net carbs <2-3carbs per serving.*

**Unsweetened, plain Greek yogurt:** Such as FAGE 2% (make sure that you have chosen PLAIN, UNSWEETENED GREEK YOGURT or the carb content will be very high).

**NO FLAVORING IN THE YOGURT.** You may **add your own** flavoring (cinnamon, sugar free Torani syrup, Stevia, etc).

## **Sweeteners allowed:**

*(Try to limit to 3 teaspoons or packets/day as each of these contains about 1 gram of carbohydrate per teaspoon)*

- Stevia
- Xylitol
- Truvia
- Erythritol
- Swerve
- Splenda
- Torani, DaVinci, or Monin SUGAR-FREE syrups (found at Cost Plus/World Market or other grocers)
- Mio or Dasani flavor enhancers
- Flavored oils or extracts (zero carbs)
- Sugar-free Maple syrup (various brands)

**COUNT EVERY CARB THAT YOU EAT!**

[www.asimplelowcarblife.com/online-store-.html](http://www.asimplelowcarblife.com/online-store-.html)

## Foods Not Recommended During Weight Loss:

Alcohol

Fruit

Nuts (except soy nuts or edamame with 1/4 cup limit per day)

Any form of potatoes

Rice

Pasta

\*Any vegetables not on the approved list (Count the net carbs)

\*Anything not listed on the approved lists (Count the net carbs)

*The approved veggies and protein lists are selected due to their low carbohydrate profile in an effort to keep you in the fat-burning state. If you eat too many carbs in a day, you will no longer be fat-burning and your weight loss will stall.*

**Remember:** *To reach your weight loss goal and keep the weight off, resist eating off plan foods during the weight loss phase.*

# Congratulations!

You have just completed **Module 3-Video 2!**

Let's move on to **Module 4.**

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