

LOW CARB PLANT-BASED DIET

BEANS/LEGUMES: Tofu (all varieties), soy protein isolate, meatless luncheon slices, meatless sandwich spread, Tofu, dried & frozen, Winged beans, immature, Hummus, Mung bean sprouts, soy bean sprouts, Snap beans, unsweetened soymilk, yellow snap beans, miso.

VEGETABLES: Arugula, Chives, Cilantro, Leeks, Sweet Red Peppers, dried, Celtuce, young green onion tops, ginger root, Enoki mushrooms, Capers, Watercress, Grape leaves, Zucchini squash, Red Leaf Lettuce, Agar Seaweed, Alfalfa sprouts, Green Bell Pepper, Boiled carrots, Endive, Boiled onions, Pumpkin leaves, Wakame Seaweed, Kale, Kelp Seaweed, Taro Shoots, Green Leaf Lettuce, Spinach, Malabar Spinach, Butterhead Lettuce, Irishmoss Seaweed, Baby Carrots, Shiitake Mushrooms, White Icicle Radish, Laver Seaweed, Swiss Chard, Chicory Greens, New Zealand Spinach, Canadian Seaweed, Purslane, Cowpeas leafy tips, Brussels sprouts, Chinese cabbage, Red cabbage, Romaine lettuce, Beet greens, Shallots, Radicchio, Bamboo shoots, Taro leaves, Cabbage, Cucumber, Arrowhead, Collards, Calabash gourd, Tomatillos, Cornsalad, Chicory, Iceberg lettuce, White mushroom, Asparagus, Grape leaves, Napa cabbage, Onions, Cauliflower, Mustard greens, Broccoli raab, Shiitake mushrooms, Garden cress, Turnips, Turnip greens, Chinese cabbage, Celery, Sweet potato leaves, Cauliflower, Kale, Portabella mushrooms, Tree fern, Chinese broccoli, Morel mushrooms, Butterbur, Balsam-pear, Broccoli flower clusters, Kimchi cabbage, Okra,

Chanterelle mushrooms, Brown mushrooms, Green cauliflower, Radishes, Waxgourd, Yellow tomatoes, Red bell peppers, Green bell peppers, Dock, Fireweed leaves, Escarole, Mustard greens, Potato skin, Oriental radish, Eggplant, Maitake mushrooms, Nopales, Broccoli;

NUTS/SEEDS: Coconut cream (unsweetened), Tahini, Peanut butter, Flaxseed, Almond butter, Peanut butter, Japanese chestnuts, Sunflower seed butter, Pecans, Sesame butter, Cashew butter, Peanut spread, Peanuts, Pilinuts, Hazelnuts.

FRUITS: Olives (all varieties), Longans (unsweetened), Pimento, Lemon juice, Muscadine grapes, Lemon peel, Dried Longans (unsweetened), Orange peel, Litchis (unsweetened), dried, Maraschino cherries (unsweetened), Kumquats,

HERBS: Seasoning mix, Peppermint, Spearmint, Basil, Dill weed, Rosemary, Thyme, Parsley, Chervil, Tarragon, Coriander, Marjoram, Sage, Bay leaf, Saffron, Oregano, Rosemary, Poppy seed, Celery seed, Mace, Cumin, Savory, Turmeric, Onion powder, Garlic powder, Fenugreek seeds, Lotus seeds.