



LOW CARB HIGH FAT

VEGETABLES-ALL OK

Lettuce, kale, chard, arugula, spinach, cabbage, karela or bittergourd , cucumbers, broccoli, cauliflower, artichoke, bell peppers, mushrooms tomatoes, sweet and hot peppers, eggplant,

Root Vegetables that grow under the ground are restricted. Yams, beets, parsnips, turnips, rutabagas, carrots, yuca, kohlrabi, celery root, horseradish, daikon, jicama, radishes. Pumpkin and Squash are also restricted

Onion, Garlic ,Turmeric, Ginger are used as spices and to be used in limited quantities

DAIRY

Butter, Ghee, Hard Cheese , Paneer, Cottage cheese, Sour cream, and Greek yogurt(hung curd)

Restrict Whole or Low-fat or fat free milk, and Evaporated and condensed milk

Restrict Curd, buttermilk, Ice cream, Flavored milk, Sweetened yogurt, Soft cheese,

While some dairy is allowed in Low Carb High Fat diets we ask our members to restrict all dairy if possible. A large part of commercially available dairy is heavily contaminated with Aflatoxin M1, Antibiotics, urea, detergent and hydrogen peroxide. This is a more serious problem than adulteration and the quality concerns continue to persist.

Wherever possible purchase organic or from a small dairy near your home

NUTS & SEEDS ALL OK

Nuts : almonds, pistachios, brazil nuts, walnuts, pine nuts, hazelnuts, macadamia nuts, pecans,

Seeds: hemp seeds, sun- flower seeds, sesame seeds, chia seeds, flax seeds

MEAT & FISH ALL OK

All Seafood Items like Fish , Prawns etc
All Meat , Poultry & Eggs

Restrict processed meats like Ham, Sausages etc. and tinned fishes like Tuna & Sardines etc. Eat fresh cuts of meat and fish . Buy local from your local butcher and fish monger.

Whenever possible, select meat from naturally raised animals: e.g. country chicken.(Gavran, Nati , Desi). Grass-fed or pastured animals have better omega-3 fatty acid, conjugated linoleic acid, and antioxidant profiles than grain-fed animals.

Protein should be max 20% of your total calories to prevent blood sugar spikes from Gluconeogenesis(creation of glucose from non carbohydrate sources

FREE DIET GUIDANCE

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Get the Diet Chart that has helped others reverse diabetes and completely go off medications and insulin in 3-4 months

COMPLETELY RESTRICTED ITEMS

All grains like rice, wheat different types of millets , jowar , bajra, corn, Dal/Lentils

All fruits except Blueberry and Blackberry and limited quantity of strawberries

All cooking oils like soybean oil, corn oil, safflower oil, sun- flower oil, rapeseed oil, peanut oil, rice bran oil, cottonseed oil, canola oil, mustard oil

All added sugars , jaggery, glucose, fructose, high fructose corn syrup, cane sugar, aspartame, cane solids, corn syrup, maltose, dextrose, sorbitol, mannitol, xylitol, maltodextrin, molasses, brown rice syrup, splenda, nutrasweet, stevia, barley malt,