

<p>Do not eat carbohydrates or sugars, such as:</p>	<p>You may have fatty, high-protein, unsweetened foods; cooked foods must be fried in butter or olive oil or broiled, but not grilled</p>
<ul style="list-style-type: none"> • bread, toast, bagels, cereal, cookies, crackers, muffins • milk, cheese • tempeh • pasta, muffins • peanut butter, nuts • potatoes, vegetables, beans • fruit, fruit juice • rice and other grains like quinoa, farro, etc. • candy, gum, mints, cough drops • sugar, fructose, sucrose, Spelnda • alcohol • regular soda 	<ul style="list-style-type: none"> • soy products: tofu (2gm carb per 1/2c.), edamame (6gm carb per 1/2c.), miso (7gm carb per 1 oz.), soy milk (4gm carb per 1/2c.) • fried or scrambled eggs, prepared without milk • omelet prepared without milk or vegetables • soy “bacon” or “sausage” if <5 grams carbohydrate • Beyond Meat (5g carb/4 oz. and Impossible Burger (9g carb/4 oz.) products • 1 oz. nuts (~4gm carb) or unsweetened nut butter (7gm carb/2 tbsp.) • Seeds like sunflower seeds (6gm carb/1oz.) or unsweetened sunflower seed butter (8gm carb/2 tbsp.) • Any carbohydrate free protein powder (i.e. soy or pea protein powder) • Veggies: broccoli, spinach, green beans, mushrooms • Avocado • diet soda • coffee or tea without milk or sugar • Sweet’N Low, NutraSweet, Equal are ok • water