

“No Sugar, No Starch” Diet

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List of Permitted Foods

This diet is focused on providing your body with the nutrition it needs (protein and fat), while minimizing foods that your body does not need (carbohydrates). To be most effective, you will need to keep the dietary carbohydrate to **less than 20 grams per day**.

When hungry, EAT AS MUCH AS YOU WANT OF THESE FOODS.

Meat: Beef (hamburger, etc), pork, ham, bacon, lamb, veal, sausage, pepperoni, hot dogs, or other meats.

Poultry: Chicken, turkey, duck, or other fowl.

Fish & Shellfish: Any fish including tuna, salmon, catfish, bass, trout, shrimp, scallops, crab, and lobster.

Eggs: Whole eggs are permitted without restrictions.

Don't avoid the fat. Oils and butter have no carbs. (Do avoid vegetable oils like canola, corn and soy oil.)

Salad greens and nonstarchy vegetables MUST BE EATEN EVERY DAY:

Leafy greens: 2 cups a day. Examples: all varieties of cabbage, greens and lettuce.

Nonstarchy vegetables: 1 cup (measured uncooked) a day. Examples: broccoli, cauliflower, mushrooms, Brussel sprouts and eggplant.

FOODS THAT ARE ALLOWED IN LIMITED QUANTITIES:

(Check the labels to be sure there is not added carbohydrates.)

Cheese: up to 4 ounces a day. Examples: Swiss, cheddar, mozzarella, and cream cheese

Cream: up to 2 tablespoonfuls a day.

Olives: up to 6 a day.

Avocado: up to 1 whole fruit a day.

Lemon/lime juice: up to 2 teaspoonfuls a day.

Pickles, dill or sugar-free: up to 2 servings a day.

Zero Carb Snacks: Examples: pork rinds; pepperoni slices; ham, turkey, beef jerky, deviled eggs