

# WHAT'S ON THE MENU?

## Food List: Low carb plan for accelerated weight loss

<p><b><u>Meat &amp; Fish</u></b></p> <ul style="list-style-type: none"> <li>• Eggs</li> <li>• NY Strip or T bone</li> <li>• Filet Steak</li> <li>• 85% lean beef</li> <li>• Top Round Steaks or</li> <li>• Roast</li> <li>• Top Sirloin</li> <li>• Flank Steak</li> <li>• Eye of Round</li> <li>• Stew Meat</li> <li>• Skinless chicken</li> <li>• Chicken liver</li> <li>• Pork</li> <li>• Shellfish (shrimp)</li> <li>• Ground Turkey, Turkey breast slices or cutlets</li> <li>• Lamb</li> <li>• Seafood (Salmon, Tilapia, Tuna, shrimp)</li> <li>• Low or Non-fat cottage cheese, Ricotta</li> <li>• Hard cheeses (cheddar, swiss, provolone, Colby Jack..)</li> </ul>	<p><b><u>Vegetables</u></b></p> <ul style="list-style-type: none"> <li>• Green Leafy lettuce (red, green, romaine)</li> <li>• Turnip Greens</li> <li>• Mustard Greens</li> <li>• Broccoli/broccolini/rapini</li> <li>• Asparagus</li> <li>• Spinach</li> <li>• Bell Peppers (Green or Red)</li> <li>• Brussels Sprouts</li> <li>• Artichoke</li> <li>• Cauliflower</li> <li>• Cabbage</li> <li>• Celery</li> <li>• Cucumber</li> <li>• Carrots</li> <li>• Eggplant</li> <li>• Onions</li> <li>• Garlic</li> <li>• Tomatoes</li> <li>• Zucchini</li> <li>• Kale</li> <li>• Mushrooms</li> <li>• Snow peas / Green beans</li> </ul>	<p><b><u>Fruits</u></b> <u>(only a small handful total daily)</u></p> <ul style="list-style-type: none"> <li>• Strawberries</li> <li>• Blackberries</li> <li>• Raspberries</li> <li>• Lemons or limes</li> <li>• Avocado</li> <li>• Tomatoes</li> </ul>
<p><b><u>Oils &amp; Butter</u></b></p> <ul style="list-style-type: none"> <li>• Olive Oil</li> <li>• Canola Oil</li> <li>• Vegetable Oil</li> <li>• Butter</li> <li>• Flax seed oil</li> <li>• Avocados</li> <li>• Fish Oil</li> <li>• Mustard</li> <li>• Garlic</li> </ul>	<p><b><u>Seasoning</u></b></p> <ul style="list-style-type: none"> <li>• Onions</li> <li>• Dry seasonings (Herbal, etc.)</li> <li>• Scallions</li> <li>• Lemon</li> <li>• Lime</li> <li>• Salt</li> <li>• Pepper</li> </ul>	<p><b><u>Beverages</u></b></p> <ul style="list-style-type: none"> <li>• Water (target is 1 gallon/day)</li> <li>• Water with lemon/lime</li> <li>• Flavored water</li> <li>• Iced tea (without sugar)</li> <li>• Herbal tea</li> <li>• Stevia/Truvia/Splenda</li> </ul>

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