

Vegetarian options for a high protein low carb diet

Veggie burgers, veggie chicken, other meat substitutes

Tofu, Tempeh, or Edamame beans

Eggs

Cottage cheese

Unsweetened soy or almond milk

Greek yogurt

Protein Pancakes Mix or frozen waffles

High protein or Egg noodles

Peanut butter

Ezekiel bread

Quinoa

Cheese

Almonds

Pistachios

Walnuts

Beans (Beans and legumes are healthy, high fiber foods. You can eat them on a low carb diet)

Peas

Garbanzos

Sunseeds

Flax seeds

Garbanzos

Tahini

Buckwheat

Hummus

Roasted and salted pumpkin seeds

Hemp

Chia seeds

Spirulina powder

Broccoli, cauliflower, greens, peppers, asparagus, mushrooms,

Swiss chard, spinach, lettuce, celery, carrots, zucchini, green beans, cucumbers

Tomatoes

Avocados

Ck for low carb salad dressing

Butternut squash

Sweet potato

Strawberries

Oranges

Berries

Watermelon

Cantaloupe

Peaches

Cherries

Honeydew
Grapefruit
Kiwi
Lemons
Plums
Oats
Wild rice
Couscous
Popcorn
Bulgar
Barley
Millet

Though most fruits are low in protein, a few types are higher in this nutrient than others. Guava, avocado, jackfruit, passionfruit, blackberries, apricots, pomegranate arils, kiwis, and cherries are among the highest protein fruits,

Bananas, pineapples, grapes, mangoes, apples, and figs are some of the higher-carb fruits.

You shouldn't eat a lot of fruit on a high protein, low carb diet.

Avoid cakes, pastries, full-sugar sodas, candy and:

- white bread
- refined pasta
- white rice
- crackers
- breakfast cereal
- pizza dough
- potato chips
- instant oatmeal
- flavored and sweetened yogurt