

What are the --- Low Carb Veggies?

On a low carb diet? Wondering what you can have that will keep you in ketosis?

This list of Low Carb Veggies was developed for those following the Ideal Protein protocol. For more info about Ideal Protein, please contact Ageless Wellness.

Unlimited Raw Vegetables/Lettuce

Arugula, Bibb lettuce, Boston lettuce, celery, chicory lettuce, cucumber, endives, escarole lettuce, frisee lettuce, green and red leaf lettuce, iceberg lettuce, mushroom, radicchio, radish, romaine lettuce, spinach and watercress lettuce.

Select Vegetables

(On Ideal Protein, you have two cups per meal, and measure before cooking)

Alfalfa, asparagus, bamboo shoots, bean sprouts, bell peppers, broccoli, cabbage (all), cauliflower, celeriac, celery, chayote, chicory, collards, cucumbers, dill pickles, fennel, Gai Lan (Chinese broccoli), green onions, jicama, kale, kohlrabi, mushrooms, okra, onions (raw only), hot peppers, radish, rhubarb, sauerkraut, spinach, Swiss chard, turnip, zucchini/yellow summer squash.

Occasional Vegetables

(To stay low carb, limit these to 4 cups per week)

Beans (green and wax), Brussel sprouts, eggplant, heart of palm, rutabaga, snow peas, tomatillo, tomatoes (all).



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