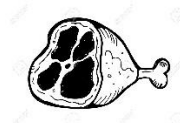


Foods You May Have in Unlimited Quantities

Meat

- Beef
- Pork
- Lamb
- Bacon
- Veal
- Ham
- Venison
- All meats



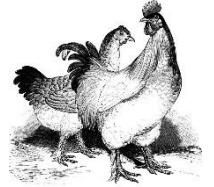
Fish

- Tuna
- Salmon
- Sole
- Trout
- Flounder
- Sardines
- Herring
- All Fish



Fowl

- Chicken
- Turkey
- Duck
- Goose
- Cornish Hen
- Quail
- Pheasant
- All Fowl



Shellfish

- Oysters
- Mussels
- Clams
- Squid
- Shrimp
- Lobster
- Crabmeat
- All Shellfish



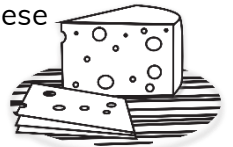
Eggs

- Scrambled
- Fried
- Poached
- Soft Boiled
- Devilled
- Omelets
- All Eggs



Cheese

- Aged /Fresh
- Cow / Goat
- Cream Cheese
- Cottage cheese
- Swiss
- Cheddar
- Mozzarella
- All cheeses



Veggies

- Celery
- Mushrooms
- Olives
- Alfafa Sprouts
- Cucumber
- Radishes
- Peppers
- Spinach
- Broccoli
- Asparagus
- Brussels Sprouts
- All lettuces and all GREEN Veggies



Herbs

- Dill
- Basil
- Thyme
- Chives
- Cilantro
- Rosemary
- Oregano
- Parsley
- All Spices



Other

- Olive oil
- Butter Heavy Cream
- Sour Cream
- Cheese Sauces
- Dip Packets
- Stevia
- Low Carb Desserts
- Filtered Water

