



FREE FOODS

**LIST OF LOW STARCH/CARBOHYDRATE, HIGH PROTEIN VEGETABLE
UNLIMITED – FREE FOOD**

- ❖ Alfalfa, seeds, sprouted
- ❖ Arugula
- ❖ Asparagus
- ❖ Bamboo Shoots
- ❖ Beans, Green, cooked
- ❖ Beans, Snap
- ❖ Beet Greens
- ❖ Bell Peppers
- ❖ Bok Choy
- ❖ Broccoli
- ❖ Brussel Sprouts
- ❖ Cabbage
- ❖ Cauliflower
- ❖ Celeriac (celery root)
- ❖ Celery
- ❖ Chards
- ❖ Collards
- ❖ Cucumber
- ❖ Dandelion greens
- ❖ Eggplant
- ❖ Endive
- ❖ Fennel, bulb
- ❖ Garlic
- ❖ Hearts of palm, canned
- ❖ Jicama
- ❖ Kale
- ❖ Lettuce, Butterhead
- ❖ Lettuce, Romaine
- ❖ Lettuce, Leaf
- ❖ Mustard greens
- ❖ Mushrooms
- ❖ Olives, canned
- ❖ Okra
- ❖ Parsley
- ❖ Peppers, Jalapeno
- ❖ Peppers, Serrano
- ❖ Pickles
- ❖ Pumpkin, cooked
- ❖ Purslane
- ❖ Radicchio
- ❖ Radish
- ❖ Rhubarb
- ❖ Sauerkraut
- ❖ Scallions (green onions)
- ❖ Squash, Summer
- ❖ Spinach
- ❖ Tomatillos
- ❖ Tomatoes
- ❖ Turnips
- ❖ Turnip Greens
- ❖ Watercress
- ❖ Zucchini