## **MY Big FAT Veggie Life**

## **Allowable Foods to Eat for the HFLC Program**

If you are trying to lose weight or get healthier with **the My Big FAT Veggie Life HFLC Program**, here's a detailed **shopping list**. Here are some guidelines to consider:

* You should keep your macro-nutrient proportions (calorie-wise) around **75% Fat**,**20% Proteins** and **5% Carbohydrates.**
* **You should always keep your Carbs under 30g.**
* Also, on a **Ketogenic Diet** [saturated fats](http://www.healthaliciousness.com/articles/foods-highest-in-saturated-fat.php) are [considered good for you](http://www.huffingtonpost.com/christiane-northrup/saturated-fat_b_4914235.html).
* How Do I Know I'm In Ketosis?
	+ There is something on the market call Ketostix, you will have to perform a urine test in order to see how much ketone bodies are in your urine. This is the easiest way to ensure that you are in ketosis.
* Log what you eat daily so that you can track your carb intake. Use websites like cronometer.com or fitday.com. You can also go to nutritiondata.self.com to get carb info on each item you consume.

### My Big FAT Veggie Life Allowable Food List

### Vegetables (low sugar)

[Arugula](http://tinyurl.com/4pwm5xk)

[Asparagus](http://tinyurl.com/4j3w4mo)

[Bok Choy](http://tinyurl.com/45m7qft)

[Broccoli](http://tinyurl.com/2wa8pyn)

[Broccoli Rabe](http://tinyurl.com/4veckah)

[Cabbage](http://tinyurl.com/4mrx64d)

[Cauliflower, raw](http://tinyurl.com/4skssxw)

[Celery](http://tinyurl.com/463t84a)

[Chard](http://tinyurl.com/4sscsgo)

[Chicory Greens](http://tinyurl.com/4ky8vcx)

[Cucumber](http://tinyurl.com/6gsmp92)

[Eggplant](http://tinyurl.com/66oux64)

[Endive](http://tinyurl.com/5szd8oc)

[Fennel bulb](http://tinyurl.com/6dqhjrx)

[Garlic](http://tinyurl.com/6dbv5ax)

[Green Bean](http://tinyurl.com/5uof9eb)

[Jalapeno](http://tinyurl.com/676bt89)

[Lettuce, Green Leaf](http://tinyurl.com/6kz46pt)

[Lettuce, Romaine](http://tinyurl.com/6fn2vzd)

[Parsley](http://tinyurl.com/6jyv5jr)

[Radish](http://tinyurl.com/4mm3q6p)

[Spinach](http://tinyurl.com/4joocaf)

[Soy Bean](http://tinyurl.com/4rm7qwm)

[Zucchini](http://tinyurl.com/29wlf3a)

[Seaweed](http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2766/2)

### Vegetables (moderate sugar)

[Artichoke](http://tinyurl.com/4h8xct6)

[Brussel Sprouts](http://tinyurl.com/4g9kzlk)

[Kale](http://tinyurl.com/4tfsh69)

[Kohlrabi](http://tinyurl.com/4nnp7yp)

[Mushrooms](http://tinyurl.com/4us9z4f)

[Okra](http://tinyurl.com/48dprcj)

[Pepper, sweet, green](http://tinyurl.com/4tkrlcr)

[Pepper, hot, red](http://tinyurl.com/45hgt32)

[Pepper, sweet, yellow](http://tinyurl.com/4jedblq)

[Pumpkin](http://tinyurl.com/4pzuh86)

[Snow Pea](http://tinyurl.com/46ntmcc)

[Spaghetti Squash](http://tinyurl.com/4teffla)

Bottom of Form

### Fruits

[Avocado](http://tinyurl.com/4vjadpe)

[Berries](http://nutritiondata.self.com/facts/fruits-and-fruit-juices/1851/2)

[Lemon](http://tinyurl.com/4clnzge)

[Lime](http://tinyurl.com/4uj7pxn)

[Olive, black](http://nutritiondata.self.com/facts/fruits-and-fruit-juices/1965/2)

### Fats & Oils

[Almond Butter](http://tinyurl.com/6e9tkka)

[Almond Oil](http://tinyurl.com/6e7tw4g)

[Avocado Oil](http://nutritiondata.self.com/facts/fats-and-oils/620/2)

[Butter](http://tinyurl.com/6c9qzbq)

[Coconut Oil](http://tinyurl.com/6dj4f7c)

[Fish Oil (cod liver)](http://tinyurl.com/66eytb9)

[Flax Seed Oil](http://tinyurl.com/69lr526)

[Grape Seed Oil](http://tinyurl.com/6kdcjrb)

[Hemp Seed Oil](http://tinyurl.com/69x59gv)

[Macadamia Oil](http://www.calorieking.com/foods/calories-in-oils-macadamia-nut_f-ZmlkPTEwNDQwMg.html)

[Mayonnaise](http://tinyurl.com/489n3ja)

[Olive Oil](http://tinyurl.com/4ozd8zn)

[Peanut Butter](http://tinyurl.com/4a54wnu)

[Peanut Oil](http://nutritiondata.self.com/facts/fats-and-oils/506/2)

[Safflower Oil](http://tinyurl.com/4zqh84v)

[Sesame Oil](http://tinyurl.com/4mtqgoj)

[Sunflower Oil](http://tinyurl.com/4o34ute)

[Sunflower Butter](http://nutritiondata.self.com/facts/nut-and-seed-products/3080/2)

[Walnut Oil](http://nutritiondata.self.com/facts/fats-and-oils/589/2)

### ****Cheeses****

[Cheddar Cheese](http://tinyurl.com/4hyfpwm)

[Blue Cheese](http://nutritiondata.self.com/facts/dairy-and-egg-products/3/2)

[Cottage Cheese](http://nutritiondata.self.com/facts/dairy-and-egg-products/11/2)

[Cream Cheese](http://tinyurl.com/69l8x5r)

[Feta Cheese](http://tinyurl.com/6jf657z)

[Gouda Cheese](http://tinyurl.com/69rp6dm)

[Mozzarella Cheese, whole milk](http://tinyurl.com/4htndyl)

[Parmesan Cheese](http://nutritiondata.self.com/facts/dairy-and-egg-products/31/2)

[Provolone Cheese](http://tinyurl.com/4l87mxe)

[Ricotta Cheese, whole milk](http://tinyurl.com/26wqkxr)

[Swiss Cheese](http://tinyurl.com/4o9c34k)

### Dairy/Non-Dairy & Eggs

[Almond Milk (unsweetened)](http://tinyurl.com/6hxrhlk)

[Coconut Cream](http://tinyurl.com/4snsz8v)

[Coconut Milk (unsweetened)](http://tinyurl.com/6fmq36u)

[Eggs](http://nutritiondata.self.com/facts/dairy-and-egg-products/112/2)

[Greek Yogurt, whole milk](http://caloriecount.about.com/calories-freshdirect-total-plain-whole-milk-i141910)

[Heavy Cream](http://tinyurl.com/4bogt8g)

[Sour Cream](http://nutritiondata.self.com/facts/dairy-and-egg-products/54/2)

[Soy Milk (unsweetened)](http://tinyurl.com/4b6nmax)

[Whipped Cream (unsweetened)](http://tinyurl.com/4bogt8g)

### Dressings

[Apple Cider Vinegar](http://caloriecount.about.com/calories-vinegar-cider-i2048)

[Balsamic Vinegar](http://tinyurl.com/49726gx)

[Blue Cheese](http://tinyurl.com/47pp5dt)

[Creamy Caesar](http://tinyurl.com/4td9vbb)

[Piri Piri Sauce](http://www.myfitnesspal.com/food/calories/presidents-choice-piri-piri-sauce-47547996)

[Ranch](http://tinyurl.com/4628gcs)

### Flours/Meals/Powders

[Acorn Flour](http://tinyurl.com/6fqun26)

[Almond Flour](http://tinyurl.com/4kc4h8b)

[Almond Meal](http://tinyurl.com/6hvw6vh)

[Flax Seed Meal](http://tinyurl.com/6y6y2ry)

[Coconut Flour](http://nutritiondata.self.com/facts/custom/591392/2?quantity=8.0)

[Protein Powder](http://tinyurl.com/67ahzrn)

[Psyllium Husk](http://tinyurl.com/6k7yzny)

[Sesame Seed Flour](http://tinyurl.com/68wzu3b)

### Nuts / Legumes/ Seeds

[Chia Seeds](http://tinyurl.com/4p3w7zj)

[Flax Seeds](http://tinyurl.com/636ap7j)

[Hemp Seeds](http://tinyurl.com/67v8tcf)

[Pumpkin Seeds](http://tinyurl.com/278xo44)  [Safflower Seeds](http://tinyurl.com/4q9gaxb)  [Sesame Seeds](http://tinyurl.com/4lnvnoe)

[Sunflower Seeds](http://tinyurl.com/4pkk4ob)  [Almonds](http://nutritiondata.self.com/facts/nut-and-seed-products/3085/2)

[Macadamia](http://nutritiondata.self.com/facts/nut-and-seed-products/3123/2)

[Pecans](http://nutritiondata.self.com/facts/nut-and-seed-products/3129/2)

[Pine Nuts](http://nutritiondata.self.com/facts/nut-and-seed-products/3133/2)

[Walnuts](http://nutritiondata.self.com/facts/nut-and-seed-products/3137/2)

[Coconut meat](http://nutritiondata.self.com/facts/nut-and-seed-products/3106/2)

### Poultry

[Chicken, Breast](http://tinyurl.com/63jv3vf)

[Chicken, Legs](http://tinyurl.com/6f6q8sj)

[Chicken, Wings](http://tinyurl.com/6k4yf9l)

[Turkey, breast](http://tinyurl.com/6zydgou)

[Turkey, ground](http://tinyurl.com/6ghevyn)

[Turkey, bacon](http://tinyurl.com/5vso488)

### Seafood

[Anchovy](http://tinyurl.com/5ubmzqs)

[Bass](http://nutritiondata.self.com/facts/finfish-and-shellfish-products/4209/2)

[Carp](http://nutritiondata.self.com/facts/finfish-and-shellfish-products/4035/2)

[Caviar](http://nutritiondata.self.com/facts/finfish-and-shellfish-products/4038/2)

[Flounder](http://tinyurl.com/67jt79v)

[Haddock](http://nutritiondata.self.com/facts/finfish-and-shellfish-products/4060/2)

[Halibut](http://nutritiondata.self.com/facts/finfish-and-shellfish-products/4063/2)

[Herring](http://tinyurl.com/5uufkx8)

[Mackerel](http://nutritiondata.self.com/facts/finfish-and-shellfish-products/4073/2)

[Salmon](http://tinyurl.com/6bm2x9q)

[Sardines](http://tinyurl.com/5thuun6)

[Sole](http://tinyurl.com/67jt79v)

[Trout](http://tinyurl.com/6xauwr3)

[Tuna](http://tinyurl.com/6kgo57u)

[Tuna (canned)](http://tinyurl.com/6c4dwav)

[Clams](http://tinyurl.com/6yeuuah)

[Crabmeat](http://tinyurl.com/5rq2j8l)

[Lobster](http://tinyurl.com/4lpd4ds)

[Mussels](http://tinyurl.com/4nyd36q)

[Oysters](http://tinyurl.com/4lbmspt)

[Shrimp](http://tinyurl.com/4os9ua3)

[Squid](http://tinyurl.com/4lz3dls)