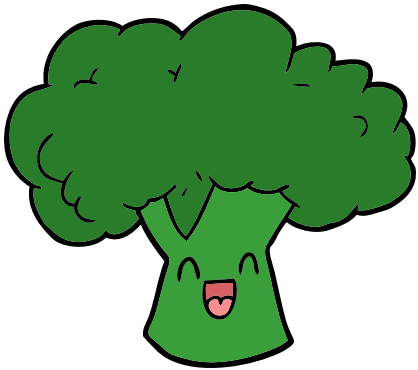


Which Carbs to Avoid + Which to Invite



AVOID GLUTEN + GRAINS

- Baked goods
- Beer
- Bread, buns + breadcrumbs
- Breaded food items
- Cakes + cookies
- Cereals
- Crackers
- Doughnuts
- Flour (except almond + coconut)
- Legumes
- Muffins
- Pasta
- Pastries
- Pretzels
- Barley
- Bulgur
- Couscous
- Kamut
- Oats
- Quinoa
- Rye
- Wheat + wheat germ

INVITE VEGETABLES

Generally you wouldn't think of vegetables as carbs. Surprise, they are!

- Artichoke
- Asparagus
- Bell peppers
- Brussels sprouts
- Cabbage
- Celery
- Cucumbers
- Eggplant
- Endive
- Fennel
- Green beans
- Green leafy's
- Mushrooms
- Radish

10 Best Sources of Carbs:

1. Arugula
- 2.. Spinach
3. Swiss chard
4. Dandelion greens
5. Micro greens + sprouts
6. Kale
7. Broccoli
8. Sauerkraut
9. Lemon + Lime
10. Garlic