

most nutrient dense zero carb foods

who some people benefit from eliminating all fibre and vegetable matter to improve digestion and / or blood glucose control

how the most nutrient dense foods that contain no fibre and minimal carbohydrates

organ meats

- lamb liver
- lamb kidney
- chicken liver
- turkey liver
- veal liver
- beef brains
- chicken liver
- beef liver
- beef kidney
- chicken liver pate
- lamb brains
- turkey heart
- pork liver
- lamb heart

animal products

- ground turkey
- salami
- ham
- lamb chop
- rib eye steak
- roast beef
- T-bone steak
- roast pork
- park sausage
- lean beef
- turkey meat
- turkey drumstick
- roast ham

seafood

- chicken
- veal
- beef tripe
- ground pork
- pork chop
- caviar
- salmon
- fish roe
- oyster
- trout
- mackerel
- anchovy
- cisco
- sturgeon
- sardines
- herring
- crab
- sardine
- flounder
- halibut
- tuna
- lobster
- shrimp
- rockfish
- pollock
- crayfish
- cod
- octopus
- perch

dairy and egg

- haddock
- whiting
- white fish
- scallop
- clam
- egg yolk
- butter
- cream
- cream cheese
- cheddar cheese
- sour cream
- Swiss cheese
- whole egg
- feta cheese
- mozzarella
- parmesan cheese
- limburger cheese
- camembert
- goat cheese
- Greek yogurt
- gouda cheese
- blue cheese
- gruyere cheese
- brie
- edam cheese
- kefir
- milk