

Fairly Exhaustive Slow-Carb Food List

The food list Tim Ferriss has in *The 4-Hour Body* is not very long. The trouble with it is that you get a lot of well-meaning people errantly thinking you can't eat anything outside of that list, and as a result people get bored with the foods.

I did a lot of research on different foods to see how big the list could really be. Below you'll see a chart of over 100 food items that are totally approved for consumption on the [slow-carb diet](#). To make a meal, pick something from each column (the "Extras" column is optional), and throw it on a plate! It could be as extravagant or simple as you'd like.

Proteins	Vegetables	Legumes	Fats/Oils	Spices	Extras
Anchovies	Artichoke Hearts	Black beans	Avocado	Allspice	Nut Butters
Bass	Arugula	Black-eyed Peas	Clarified butter	Anise	Coconut Milk
Beef	Asparagus	Cannellini Beans	Ghee	Basil	Fish Sauce
Bone Marrow	Avocado	Great Northern Beans	Macadamia Nut Oil	Bay Leaf	Hot Pepper Vinegar
Chicken	Bamboo Shoots	Kidney beans	Olive Oil	Black Pepper	Hot Sauce
Cod	Beet Greens	Lentils	Almonds**	Cardamom	Hummus
Eel	Bell Peppers	Navy Beans	Brazil Nuts**	Cayenne Pepper	Lemon Juice
Eggs	Bok Choy	Pinto beans	Hazelnuts**	Celery seed	Lime Juice
Goat	Broccoli	Red Beans	Hempseeds**	Chili Pepper	Mayo (homemade)
Haddock	Broccoli Rabe		Macadamias**	Chili powder	Mustard
Halibut	Brussels Sprouts		Pecans**	Cillantro	Oyster Sauce
Hearts	Cabbage		Pine Nuts**	Cinnamon	Pesto
Herring	Cauliflower		Pistachios**	Cloves	Salsa (red or verde)
Kidney	Celery		Pumpkin seeds**	Coriander Seeds	Soy Sauce
Lamb	Chard		Sesame Seeds**	Cumin	Sriracha
Liver	Collards		Sunflower Seeds**	Curry-Green	Tamari (wheat free)
Mackerel	Cucumbers		Walnuts**	Curry-Red	Vinegar
Mahi Mahi	Daikon		Cashews**	Curry-Yellow	Chicken broth
Perch	Dandelion greens			Dill	Beef broth
Pork	Eggplant			Fennel	
Red Snapper	Endive			Fenugreek	
Rockfish	Fennel Root			Garam Masala	
Salmon	Garlic			Garlic	
Sardines	Green Beans			Ginger	
Shellfish	Iceberg Lettuce			Herbs de Provance	
Sweetbreads	Kale			Mint	
Tilapia	Kimchi			Mustard Seeds	
Tongue	Kohlrabi			Nutmeg	
Tuna	Leeks			Oregano	
Turkey	Mixed Vegetables			Paprika	
	Mushrooms			Peppermint	
	Mung bean sprouts			Rosemary	
	Mustard Greens			Sage	

	Napa cabbage			Salt	
	Nori			Tarragon	
	Olives			Thyme	
	Onions			Turmeric	
	Peas				
	Peppers (all kinds)				
	Purslane				
	Radish				
	Red cabbage				
	Romaine Lettuce				
	Sauerkraut				
	Seaweed (nori)				
	Spinach				
	Summer Squash				
	Swiss Chard				
	Tomatoes				
	Turnip Greens				
	Watercress				
	Yellow pepper				
	Zucchini				
	Acorn Squash*				
	Beets*				
	Butternut Squash*				
	Carrots*				
	Jicama*				
	Parsnips*				
	Pumpkin*				
	Squash*				
	Sweet Potato*				
	Yam*				

Notes:

* These foods are technically slow-carb friendly, but they're better for maintenance than fat loss. If you're eating them and finding it difficult to lose fat, remove them and see if that helps.

** These foods are technically OK but are very easy to overdo. They should be limited to small snacks only.

To see exactly how I came up with this list, [read this post on my blog](#), Finding My Fitness.