

Low Carb Shopping List



MEAT

Bacon
Chicken
Ham
Ground Beef
Pork
Salmon
Sausage
Shrimp
Steak
Tuna

DAIRY

Cheese – all types
Cream
Full fat yogurt
Cream cheese full fat
Sour cream
Feta
Haloumi

OILS / FATS

Avocado oil
Olive oil
Butter
Coconut oil
Macadamia oil

PANTRY

Olives – black or stuffed
Tinned/canned tomatoes
Nuts, seeds
Almond flour
Coconut flour
Stevia, erythritol
Cocoa
Coconut unsweetened
Sugar free jelly
Almond flour/meal

FLAVOR ADDER

Himalayan salt
Herbs and spices
Vinegars
Full fat mayonnaise
Basil
Mint
Chives
Coriander

AVOID

High sugar soft drinks
Bottled fruit juice
Fruit leathers
Nutella
Potato chips
Cereals
Bread
Pasta
Rice crackers
Canola Oil
Cashews

VEGETABLES

Romaine lettuce
Iceberg lettuce
Arugula
Spinach
Endive
Celery
Cucumber
Peppers
Mushrooms
Avocados
Artichokes
Radicchio
Radishes
Broccoli
Brussels Sprouts
Okra
Snow Peas
Collard Greens
Eggplant

FLAVOR

Himalayan salt
Herbs and spices
Vinegars
Full fat mayonnaise
Basil
Mint
Chives
Coriander

