

LOW CARB GROCERY SHOPPING LIST

Meat/Protein

- Beef
- Eggs
- Fish
- Game
- Pork
- Poultry
- Shellfish

Nuts/Seeds

- Almonds
- Almond Butter
- Almond Flour
- Brazil Nuts
- Chia Seeds
- Flax Seeds
- Hemp Seeds
- Macademia Nuts
- Pecans
- Pistachios
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Tahini
- Walnuts

Fats

- Avocado Oil
- Butter
- Coconut Oil
- Ghee
- Macademia Nut Oil
- Olive Oil

Full Fat Dairy

- Cheese
- Cream
- Cream Cheese
- Kefir
- Sour Cream
- Yogurt

Misc

- 85% Dark Chocolate
- Almond / Cashew Milk
- Cocoa
- Coconut Flour
- Coconut Milk / Cream
- Erythritol / Monk Fruit / Stevia
- Fermented Veggies
- Herbs / Spices / Extracts
- Mayonnaise
- Olives
- Pickles
- Pork Rinds
- Protein Powder
- Psyllium Husk Powder
- Supplements

Beverages

- Club Soda
- Coffee
- Kombucha
- Tea
- Mineral / Spring Water

Vegetables

- Asparagus
- Avocados
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Green Beans
- Kale
- Lettuces
- Mushrooms
- Onions
- Peppers
- Radishes
- Spaghetti Squash
- Spinach
- Swiss Chard
- Tomatoes
- Zucchini

Fruits

- Blackberries
- Blueberries
- Lemons
- Limes
- Strawberries