LOW CARB GROCERY SHOPPING LIST
Stock your fridge and pantry with low carb foods

Meats & Meat Alternatives
- Beef (ground, steaks, ribs, or roast)
- Chicken/Turkey
- Duck
- Lamb
- Pork (ground, chops, ribs, or roast)
- Veal
- Goat
- Venison or other game
- Tempeh with no starches added
- Tofu with no starches added

Dairy
- (no added sugars or starches)
- Butter
- Cheeses (full-fat – all types)
- Cottage cheese
- Cream cheese
- Eggs
- Cream (heavy or whipping)
- Ricotta
- Sour cream
- Yogurt (unsweetened Greek)

Fats & Oils
- Avocado/Avocado oil
- Coconut oil
- Ghee/Lard
- Olives/Olive oil
- Schmaltz (chicken fat)
- Sesame oil
- Vegetable oil
- Nut oils

Deli counter
- (no added sugars or starches)
- Bacon
- Chorizo
- Corned beef
- Egg salad
- Hot dogs
- Luncheon meats of all types
- Pastrami
- Pepperoni
- Salami
- Sausage

Canned or packaged meats & seafood
- (no added sugars or starches)
- Beef jerky or sticks
- Ham
- Pork rinds or chicharrons
- Anchovies
- Crab
- Salmon
- Sardines
- Tuna

Beverages
- Club soda
- Coffee
- Tea
- Unsweetened flavored seltzers

Seafood
- Octopus
- Oysters
- Scallops
- Shrimp
- Squid
### Vegetables
- Artichoke
- Asparagus
- Baby corn
- Bean sprouts
- Broccoli
- Bok choy
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Fennel
- Greens (all types)
- Green beans
- Green onions/chives
- Kohlrabi
- Leeks
- Lettuces of all types
- Mushrooms
- Okra
- Onions
- Peppers (all varieties)
- Radishes
- Rhubarb
- Rutabaga
- Seaweed
- Shallots
- Snap peas/snow peas
- Sprouts
- Sugar snap peas
- Swiss chard
- Tomatoes
- Turnips
- Watercress
- Zucchini

### Canned goods & condiments
- Alfredo sauce
- Artichoke hearts
- Broth or bouillon
- Capers
- Cheese crisps (Parmesan, cheddar, etc.)
- Chipotle peppers
- Coconut milk
- Green chilies
- Horseradish
- Hot sauces
- Mayonnaise
- Mushrooms
- Mustard
- Nut butters (no added sweeteners)
- Olives
- Pasta sauce
- Pesto
- Pickles & relish (no sugar added)
- Roasted red peppers
- Salad dressings (full-fat)
- Salsa
- Sauerkraut
- Soy sauce/tamari
- Sun-dried tomatoes in oil
- Tomatoes & tomato paste
- Vinegar

### Cooking & baking items
- Low-calorie sweeteners (your preference)
- Chocolate, dark (80% cocoa or more)
- Cocoa powder
- Flavorings and extracts
- Herbs and spices
- Whey protein & other protein powders

### Other
- Fresh herbs
- Garlic
- Lemons & limes
- Shirataki/konjac noodles

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### Nuts & seeds
- Almonds
- Brazil nuts
- Chia seeds
- Flax seeds
- Hazelnuts
- Macadamia nuts
- Peanuts
- Pecans
- Pumpkin seeds
- Sunflower seeds
- Walnuts

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### Fruits
- Berries
- Kiwi
- Plum
- Pineapple
- Melon/watermelon
- Orange
- Banana
- Grapes
- Cherries
- Canned fruit (in water)

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### Starchy vegetables
- Beans
- Beets
- Carrots
- Corn
- Green peas
- Lentils
- Potato
- Squash
- Taro
- Yams

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### Higher Carb Foods

#### Milk
- Milk (2%)
- Plain soy milk

#### Whole grains
- Quinoa
- Oats
- Brown rice
- Whole wheat pasta
- Whole wheat/grain bread
- Whole wheat crackers

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*Adapted from Diet Doctor*