Here's a quick low carbohydrate fruit and veggie chart and a low carbohydrate berry list.

This is the perfect low carb Atkins list to print and take to the grocery store or market.

- Choose a variety of colors of vegetables and fruits.
- Fruits and berries are a special, sweet treat. However, be cautious about gorging on fruits while on a low carb diet.
- Choose low carb vegetables and learn to guess carbs without a list.
- Cut your low carb kitchen prep time in half using these 10 FAST kitchen to table veggie prep secrets.

The carbs listed are net carbs. Fiber gram counts have been removed.