



Low Carb Grocery List

Thanks for downloading my low carb list!

Instructions:

- Circle items you need to buy. Simple.
- Write the quantity next to each low carb staple.
- Add extra low carb foods to the bottom of the list.

Basic FAST Low Carb Kitchen Staples

If you are starting a low carb diet, or need a quick low carb grocery trip, concentrate on just the basic low carb foods:

- **Meat:** Chicken, Beef
- **Dairy:** Eggs, Cream, Cheese, Butter
- **Spices:** Onion, Garlic, Olive Oil
- **Veggies:** Greens, Tomato, Cucumber, Spinach, Celery, Broccoli, Cauliflower, Peppers, Summer Squash

Quick-Start List Download

View or print this low carb grocery list PDF in seconds, or save it on your computer to use as a reference.

To shorten your next grocery store trip, plan ahead and stick to shopping the outside edges of the grocery store (where most low carb foods are located).

As a back-up plan, use this list to protect yourself from the tempting high carb foods lurking within the center aisles.

Low Carbe Diem

Low Carb Grocery List



Meats:

Bacon
Beef
Chicken
Ham
Jerky
Pastrami
Pepperoni
Pork
Salami
Sausage
Turkey

Seafood:

Shrimp
Crab
Salmon
Sardines
Scallops
Tuna

Dairy:

Butter
Eggs
Heavy Cream
Greek Yogurt
Sour Cream

Milk:

Almond, Hemp,
Rice, Soy

Cheese:

Cheddar
Chevre
Cottage Cheese
Cream Cheese
Farmer's
Feta
Goat
Gouda
Hot Pepper
Mozzarella
Parmesan
Ricotta

Fruit-Veggies:

Artichoke
Asparagus
Avocado
Berries
Broccoli
Brussels Sprouts
Cucumbers
Cabbage
Cauliflower
Chard
Chipotle Peppers
Eggplant
Green Beans
Green Chiles
Hearts of Palm
Kale
Lettuce
Mushrooms
Okra
Onion
Peaches
Peas
Peppers
Pickles
Radishes
Sauerkraut
Spinach
Sprouts
Squash
Tomatoes



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Nuts-Seeds:

Nut Butters
Almonds
Hazelnuts
Pecans
Walnuts
Macadamias

Condiments:

Bouillon
Capers
Cider Vinegar
Wine Vinegar
Horseradish
Hot Sauce
Lemon Juice
Lime Juice
Mayonnaise
Olives
Pesto Sauce
Salsa
Soy Sauce

Extracts:

Vanilla, Lemon,
Mint, Almond,
Chocolate

Cooking:

Broth
Cocoa Powder
Gelatin
Splenda
Whey Protein
Xanthan Gum

Flour-Meal:

Almond, Flax,
Coconut

Oil:

Coconut
Olive
Peanut
Sesame

Spices:

Mustard
Basil
Cilantro
Dill
Garlic
Ginger
Oregano
Parsley

