

seize the way



# **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:

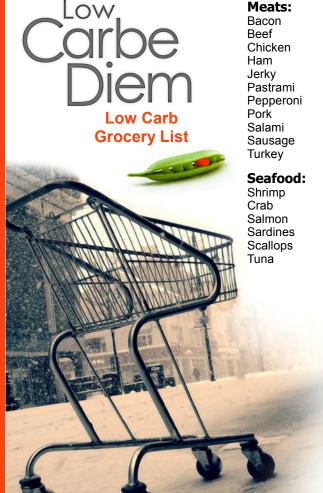
- Meat: Chicken, Beef
- Dairy: Eggs, Cream, Cheese, Butter
- Spices: Onion, Garlic, Olive Oil
- Veggies: Greens, Tomato, Cucumber, Spinach, Celery, Broccoli, Cauliflower, Peppers, Summer Squash

# **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.



# 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** 



Click a Pea to Connect

# **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

LowCarbeDiem.com