

Low Carbe Diem
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Low Carb Kitchen Quick Start Strategy

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seize the way

Stock a Low Carb Kitchen: Quick Start Strategy



Starting a low carb diet?

Here's how to renovate your pantry, overhaul your fridge and stock up with the right **low carb kitchen staples**. Get a quick start with the must-have basics.

Add special "forbidden foods" to your low carb list. Learn to navigate the grocery store aisle-by-aisle for the best possible chance of success.

And by using our **Low Carb Grocery Foods List** before you go, you'll never shop unarmed again.

Low Carb Food Overhaul

Your New, Low Carb Kitchen

It's time to create a better, healthier kitchen. **You deserve it.**

- First, clear out the junk food! This means candy, chocolate, ice cream and high carb foods. No matter WHAT, the junk food has to GO.
- Next, check the labels of all packaged and prepared foods for net carb counts.
- **Total Carbs** *minus* **Fiber Carbs** = **Net Carbs**.

What To Do with High Carb Food

Packaged Foods

Unfortunately, a lot of those packages of processed cereals, crackers, rice and candy will have to go.

Be brutal. You can still keep *some* packaged foods which are low in carbohydrates, but limit the processed choices.

Your Low Carb Foods May Have to Move

If someone you live with can use the high carb food you're removing from your life, try making separate shelves in the pantry for them.

Don't want anything risky in the kitchen? Give away or donate your old favorites. A local food bank or charity that takes food donations is a possibility, especially for packaged and canned foods.

Kind deeds are a great way to launch a **"healthier, better you"** plan.



Stocking a Low Carb Kitchen

Your New Refrigerator and Freezer

When starting a low carb diet, you will be eating more fresh produce, meats and other perishable foods.

People following a low carb way of eating often find their refrigerators and freezers are fuller, and stocked with storage containers.

It's time to get some better low carb options in the house, and change what's in your fridge.

Can't keep the foods you love? Maybe you can...

Adding “Forbidden Foods” to Your Low Carb Kitchen

Barbecue sauce? Usually loaded with sugar.

Mustard? Usually not.

Candy? Keep dreaming...

There are two choices when it comes to condiments, breads and sweets on a low carb diet:

- Severely limit or stop eating your old favorites.
- Replace condiments with new, low carb versions.

The choice is yours, but I can’t give up easy lunches and sweet treats. Fortunately, there are many excellent brands of low carb tortillas and pita (about 7 carbs per serving) to make a lunch wrap in a snap.

[Unreal makes sensational low carb chocolate candy.](#) It’s inexpensive, low carb (about 7-11 carbs per serving), all-natural, available in drugstores and grocery stores, and [sold in bulk online.](#)



Looks delicious, but how does it taste?

- Read [The Ultimate Unreal Low Carb Chocolate Review.](#)
- Check online for the latest, [lowest Unreal Candy prices.](#)

Low Carb Kitchen Staples

Out with the old, and in with the new! When you change your way of eating, it's best to have food in your home that supports you in your new low carb mission. One of the worst situations is to find that you are hungry without anything appropriate to eat.

Basic Low Carb Foods: Must-Have Ingredients

If you're starting a low carb diet, there are certain items that you **MUST** have in your kitchen to whip up quick and easy recipes.

Water, Coffee and Tea

Water is the most important thing on ANY diet, especially a low carb diet. Aim to drink 8 glasses of water a day. Try a Brita filtered water container in the fridge, a pitcher on your desk or bottled water. Jazz up ordinary water with Splenda-sweetened flavored packets.

[Drinking coffee and tea speeds up weight loss](#), increases health, and adds rich antioxidants to your low carb diet.

Cheese, Please

Choose a full variety of shredded and block cheese. Salami and sliced gourmet cheese makes a flavorful, new snack. Shredded cheese is quick and easy to add to any meal for flavor, extra protein or fat. Adding cheese is a quick way to [adjust your protein to fat to carb ratio](#), ensuring you keep more muscle, stay in ketosis and burn stored body fat.

Staple Veggies

I've discovered bag-o-broccoli and bag-o-baby-spinach are extremely useful. Low carb vegetable bags of broccoli, peas and cauliflower are perfect for side dishes and stir fry. The baby spinach bags quickly transform fresh salads and burritos.

Snacking Veggies

Whether it's carrot sticks, celery sticks, cucumber slices, eggplant circles, zucchini slices or cauliflower, keep a variety of veggie snacks in the house. Enjoy crunchy veggies raw with dips. Steam veggies and top with cheeses, spices and sauces.

Cooking Veggies

When possible, use olive oil for cooking Roma or cherry tomatoes, fresh green beans, asparagus and any other low carb veggies you enjoy. Have a good supply of herbs, onion and garlic on hand.

Limit canned veggies. Most lack nutrients and some are high in sodium. Read every label, and check for added starch and gluten.

Fresh Meats

Stop by the market and try something new. Salmon is high in healthy omega 3. How about some extra lean ground beef or pork chops? Grab some steamed shrimp for a cocktail or get smoked salmon for breakfast.

Avoid hotdogs containing nitrates, and sliced deli meats with gluten and starch fillers.

Special Ingredients for Your Diet

I like to keep some special low carb products on hand. It makes life a lot easier, especially when trying to “de-carb” favorite meals, to have some low carb substitutes around.

Low Carb Tortillas

I recommend keeping a pack or two of low carb tortillas around. They are perfect for making wraps for lunch, breakfast rolls in the morning and holding all sorts of hot, low carb dishes. With 7 net carbs per tortilla, they are a “prepared” low carb item that I use almost daily.

A Sweet, Low Carb Treat

To satisfy carb cravings, I adore [Unreal Candy](#). It’s an all-natural, healthy low carb choice. But any extra dark chocolate can be just as low in carbs.

Keep plenty of cream cheese on hand for a quick, Atkins-friendly low carb cheesecake. Whipped heavy cream flavored with vanilla, lemon or mint is a unique topping for the cheesecake or an after-dinner coffee.



Aisle-by-Aisle Grocery Store Strategy

To shop your grocery store with low carb style, here's everything you need to know:

Low Carb Grocery Store Tips

Cling to the Sides of the Store

"Shopping the perimeter" is a good strategy for low carb eating, as the aisles of the supermarket contain most of the high carb and processed foods. If you're not buying it, don't visit it "just to look."

Arm Yourself Before You Shop

Don't leave the house without a simple low carb grocery list. A planned list will save time, help your focus stay low carb and arm you against dangerous foods.

Meat, Poultry, Fish, Seafood, Eggs

Almost any of these are fine. Eggs are extremely nutritious. Oysters and liver have more carbs, so some low carb diets recommend limiting them in the first phase.

The Dairy Case

Cream, butter, full-fat cottage cheese, sour cream, cheeses, ricotta, sugar-free yogurt.

Fats and Oils

Most low carb experts argue that foods high in saturated fats (butter, coconut oil) are not a problem in the context of low carb diets, while a few others avoid them.

Butter, olive oil and coconut oil are good low carb choices. Use oils which are high in omega 3 fats. Avoid partially hydrogenated oils.

Frozen Foods Section

It's a good idea to have frozen meats, fish, vegetables and berries handy.

Canned Goods

Canned black soy beans, olives and coconut milk shorten cooking times.

Nuts and Seeds

Most nuts and seeds (and butters made from them) are acceptable if you check the carbs per serving.

Some diets avoid legumes, which include peanuts.

Flax, almond and coconut flour/meal are particularly good for baking, if they are fresh. Use unsweetened coconut.

Condiments

Use mustard, full-fat mayo (preferably not made with soy oil), sugar-free ketchup, sugar-free salad dressings (hopefully not made with soy oil), soy sauce, pesto sauce, broth or bouillon, spices, hot sauce, sugar-free pickle relish, sugar-free jams and preserves.

Aisles You Must Avoid

Don't go to these areas: Baked Goods, Cookies, Crackers, Bread, Candy, Pasta, Baking Supplies and anywhere the processed foods live.

Just Say No.

Low Carb Grocery List Download

Our **Low Carb Grocery Cheat Sheet** will get you started FAST when stocking low carb kitchen staples.

Print the quick-start **Low Carb Grocery List** in seconds. It's a great way to get organized before you shop. Instructions, a basic low carb list and shopping strategy included.

Plus, it's free!

Use this list to start a low carb diet and stay on track:



Arm yourself with this low carb grocery list,
and speed up your next shopping trip.

Low Carb Foods List

Starting a low carb diet requires making different choices at the store. With a low carb grocery list, foods are easy to select without sabotaging your results.

Begin by stocking your new low carb kitchen with the following healthy choices:

Meats and Poultry:

Any type or cut of meat. For the best health, choose grass-fed or organic meats, avoiding antibiotic, pesticide and grain residues.

- Chicken (whole or parts)
- Beef steaks and tips
- Bacon, ham and sausage
- Pork loin, chops or steaks
- Pork or beef ribs
- Beef or pork roasts
- Ground beef
- Ground turkey

Deli Meats:

Good in a pinch and better than higher carb alternatives.

- Cold cuts such as turkey breast and pastrami (Check for added sugars.)
- Pepperoni sticks or slices
- Salami and bologna
- Prosciutto

Seafood:

Any type or kind. Wild caught seafood omega 3 fat levels are higher.

- Fresh or frozen, easy-to-peel shrimp
- Fresh or frozen fish
- Tuna in oil or water
- Fresh or canned salmon
- Fresh or frozen scallops
- Crab

Dairy Products:

- Eggs
- Heavy cream
- Sour cream
- Cream cheese
- Butter
- Cheese (Hard cheeses such as cheddar and Parmesan.)
- Cheese (Soft cheeses such Muenster and Farmer's.)
- Greek Yogurt (Choose plain, full fat, less than 7 carbs per serving.)

Low Carb Vegetables:

- Bell peppers
- Broccoli
- Cucumbers
- Cabbage
- Cauliflower
- Lettuce (Large leaves act as the "bread" for sandwiches.)
- Leafy green vegetables such as spinach and kale
- Onions and garlic (for flavorful cooking)
- Sprouts for salads
- Summer squash such as zucchini

Nuts and Seeds:

- Nuts: Almonds, hazelnuts, pecans, walnuts, and especially macadamia nuts. (Keep them in the freezer.)
- Seeds: Sunflower, pumpkin and sesame seeds

Fruits:

Optional, once weight and health are stable. Some people can handle the sugar in fruit and still be healthy and slim, but others can't. If you indulge, pick fresh local fruit in season, and stick to berries which are lower in sugar.

- Eat fresh fruit with a fat (peanut butter, whipped cream, cheese). It slows the blood sugar spike.
- Try avocados: A great snack with lemon juice or balsamic, or make guacamole for dipping low carb veggies.

Pantry:

- Canned tuna, salmon, crab, shrimp, sardines, anchovies
- Vienna sausages, canned luncheon meat (Good in a pinch, but go light on processed meats, as real meat is healthier.)
- Tomato products: Canned tomatoes and tomato paste (Look for the brands with the lowest carb count.)
- Sauces: Pasta sauce, pizza sauce and Alfredo sauce
- Canned vegetables: Green chiles, roasted red peppers, chipotle peppers, mushrooms, artichoke hearts, sun-dried tomatoes, hearts of palm, green beans, greens, okra, sauerkraut
- Chicken and/or vegetable stock
- Nut butters (natural, unsweetened)

Condiments:

- Sugar-free dill pickles or relish. (Use for tuna or egg salad.)
- Mustard (Any except sweetened mustard.)
- Cider and wine vinegar (Use balsamic vinegar sparingly.)
- Most bottled hot sauces (Tabasco)
- Most salsa (Check the label.)
- Soy sauce (Avoid soy sauce if you are gluten sensitive.)
- Mayonnaise (Look for the brands with the lowest carbs.)
- Sugar-free salad dressings
- Capers
- Horseradish
- Lemon or lime juice (1 carb per tablespoon)

Cooking or Baking Ingredients:

- Whey protein powder, plain, vanilla and chocolate flavors
- Splenda or other artificial sweeteners
- Herbs and spices (Watch for mixtures with added sugars.)
- Extracts (vanilla, lemon, almond, etc.) Avoid extract with sugar.
- Broth or bouillon
- Cocoa powder (unsweetened)
- Gelatin (plain)
- Xanthan gum (for thickening and binding)
- Extra-virgin olive oil
- Peanut oil and coconut oil for cooking
- Sesame oil for salad dressings
- Almond flour or other nut flours, flour substitute



Low Carb Kitchen Success

It's All in Your Mind

Sometimes, changing the foods you eat raises psychological concerns. You don't want to FEEL like you have "nothing" to eat. Choose a variety of options from the low carb grocery list and stock your kitchen with new low carb foods. The more yummy, low carb foods you have around you, the "safer" you will feel.

Remember: The more options you have in your kitchen, **and your low carb diet**, the better prepared you are to succeed!



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