

# Low Carbe Diem



## 33 Low Carb Breads Quick List

A list of 33 whole grain, low carb, high fiber breads, buns, tortillas and wraps.



### Serving Size:

1 Slice of bread, 1 Tortilla,  
1 Wrap or 1 Muffin

### 1 Net Carb

Julian Bakery Smart Carb #1

### 2 Net Carbs

Julian Bakery Mana From Heaven  
Julian Bakery Purity Bread

### 3 Net Carbs

La Tortilla Factory Smart & Delicious™  
Low Carb, High Fiber Tortillas, Original  
Mama Lupe's Low Carb Tortillas

### 4 Net Carbs

Joseph's Flax, Oat Bran & Whole Wheat Lavash  
Julian Bakery Amazing Sourdough  
La Tortilla Factory Smart & Delicious™  
Low Carb, High Fiber Tortillas, Green Onion  
La Tortilla Factory Smart & Delicious™  
Low Carb, High Fiber Tortillas, Garlic Herb

### 5 Net Carbs

Oroweat (Arnold's) Light 100% Whole Wheat

### 6 Net Carbs

Flatout Light Garden Spinach  
La Tortilla Factory Smart & Delicious™  
Extra Virgin Olive Oil SoftWraps, Multigrain  
La Tortilla Factory Smart & Delicious™  
Low Carb, High Fiber Tortillas, Large Size

### 7 Net Carbs

Flatout Light Italian Herb  
Flatout Light Original  
La Tortilla Factory Smart & Delicious™  
Extra Virgin Olive Oil SoftWraps, Traditional  
Toufayan Low Carb Pita  
Toufayan Low Carb Wraps  
Trader Joe's Reduced Carb White Bread

### 8 Net Carbs

Flatout Light Sundried Tomato  
Nature's Own Double Fiber Wheat Bread  
La Tortilla Factory Smart & Delicious™  
Extra Virgin Olive Oil SoftWraps, Tomato Basil  
La Tortilla Factory Smart & Delicious™  
Extra Virgin Olive Oil SoftWraps, Whole Grain Rye  
Sarah Lee Delightful Wheat Hamburger Buns

### 9 Net Carbs

Flatout Healthy Grain Multigrain with Flax  
Sarah Lee Delightful 100% Whole Wheat with Honey  
La Tortilla Factory Smart & Delicious™  
Extra Virgin Olive Oil SoftWraps, Rosemary

### 10 Net Carbs

Damascus 10 Net Carbs Whole Wheat Pita  
Mrs. Baird's 100% Whole Wheat Bread  
Oroweat (Arnold's) 100% Double Fiber Bread  
La Tortilla Factory Smart & Delicious™  
Extra Virgin Olive Oil SoftWraps, Whole Grain White  
Ezekiel 4:9 Organic Sprouted Whole Grain Sesame

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