

LOW-CARB grocery list

vegetables

- **Bell peppers** (3)
- **Broccoli** (2 florets)
- **Brussels sprouts** (1 pack)
- **Carrots** (1 pack)
- **Cauliflower rice** (frozen - 1 pack)
- **Mushrooms** (2 portobello, 3 white)
- **Onions** (1)
- **Radishes** (3)
- **Tomatoes** (2)
- **Zucchini** (5)

leafy greens

- **Kale** (1 bunch)
- **Lettuce** (1 head)
- **Spinach** (1 pack)

fruit

- **Avocados** (4)
- **Berries** (Frozen - 1 pack)

meat

- **Bacon** - no nitrates/nitrites (1 pack)
- **Chicken breasts** (2 lbs)
- **Ground beef** (3 lbs)
- **Ground turkey** (1 lbs)
- **Sliced turkey** (1 pack)

seafood

- **Canned tuna** (1 can)
- **Salmon** (½ lbs)

oils & condiments

- **Apple cider vinegar** - raw (1)
- **Extra virgin olive oil** (1)
- **Ghee** (1)
- **Marinara sauce** (1)
- **Ranch** (1)

Low carb brands include:
Tessemæ's or Primal Kitchen Foods

dairy

- **Eggs** (1 dozen)
- **Shredded cheese** (Cheddar - 1 pack)
- **Sliced cheese** (Cheddar - 1 pack)
- **String cheese** (1 pack)

nuts & seeds

- **Almonds** (½ cup)
- **Cashews** (½ cup)
- **Chia seeds** (1 pack)
- **Coconut flakes** (½ cup)
- **Coconut milk** (1 can)
- **Unsweetened almond milk** (1)
- **Walnuts** (½ cup)

seasoning

- **Garlic powder** (1)
- **Italian seasoning** (1)
- **Protein powder** (1)

Preferred brands include:
Vital Proteins and Tera's Whey

- **Sea Salt** (1)