

# START LOW CARB

## Low Carb Bread: 1 to 10 Net Carbs

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 Bread

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 and 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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