

# START LOW CARB

## **Meats:**

Bacon  
Beef  
Chicken  
Ham  
Jerky  
Pastrami  
Pepperoni  
Pork  
Salami  
Sausage  
Turkey

## **Seafood:**

Shrimp  
Crab  
Salmon  
Sardines  
Scallops  
Tuna

## **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

## Low Carb Grocery List

### **Fruit–Veggies:**

Artichoke  
Asparagus  
Avocado  
Berries  
Bok Choy  
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

### **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

### **Misc:**

Low Carb Pita  
Pork Rinds

### **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  
Pepper, Salt