

LOW CARB FOOD SHOPPING LIST

Healthy, nutritious, and
delicious low-carb foods

Eating fewer carbohydrates can help lower weight and blood pressure, improve HDL cholesterol, and prevent diabetes and cardiovascular disease. Use this handy shopping list to ensure you have a steady supply of flavorful, low carb foods on hand for meal prep and snacks.

Meat

Beef
Beef jerky
Corned beef
Chicken
Pork
Bacon
Sausage
Turkey
Duck
Goat
Lamb
Veal
Venison
Pheasant
Quail
Goose
Bison
Rabbit

Fish

Tuna
Salmon
Mackerel
Cod
Sole
Halibut
Mahi mahi
Catfish
Trout
Haddock
Tilapia
Sardines
Anchovies
Herring
Oysters
Shrimp
Clams
Mussels
Lobster
Crab
Squid

Other proteins

Eggs
Tofu

Fats

Butter
Mayonnaise
Aioli
Lard
Tallow
Extra virgin olive oil
Sunflower oil
Vegetable oil
Coconut oil
Avocado oil
Soybean oil
Vinaigrette

Dairy

Cheese
Heavy cream
Full-fat yogurt
Greek yogurt
Sour cream

Nuts and seeds

Pecans
Brazil nuts
Macadamia nuts
Hazelnuts
Walnuts
Peanuts
Almonds
Pine nuts
Chia seeds
Flaxseeds
Pumpkin seeds
Sunflower seeds
Sesame seeds

Vegetables

Broccoli
Cauliflower
Onions
Leeks
Shallots
Brussel sprouts
Eggplant
Cucumber
Pickles
Bell peppers
Jalapeño peppers
Chili peppers
Poblano peppers
Asparagus
Green beans
Mushrooms
Celery
Zucchini
Summer squash
Radishes
Okra
Spinach
Arugula
Iceberg lettuce
Romain lettuce
Bibb lettuce
Parsley
Swiss chard
Watercress
Cabbage
Kale
Collard greens
Mustard greens
Kimchi
Bok choy
Sprouts
Seaweed

Fruit

Strawberries
Lemons
Blackberries
Raspberries
Cherries
Cranberries
Coconut
Limes
Lemons
Rhubarb
Tomatoes
Avocados
Olives

Condiments

Salt
Pepper
Garlic
Cinnamon
Mustard
Herbs
Spices
Soy sauce
Bearnaise sauce
Tabasco/hot sauce
Salsa

Beverages

Coffee
Tea
Club soda
Sugar-free diet beverages

Sweets

Dark chocolate (70% or more cocoa)
Sugar free gelatin

