

# Low Carb Grocery List

## MEATS

- Beef
- Lamb
- Chicken
- Pork
- Turkey
- Veal
- Ham
- Bacon
- Salami
- Sausage
- Turkey Bacon
- Pastrami

## VEGGIES

- Arugula
- Asparagus
- Bok Choy
- Broccoli
- Cabbage
- Celery
- Cucumber
- Eggplant
- Garlic
- Green Bean
- Jalapeno
- Lettuce
- Parsley
- Radish
- Spinach
- Zucchini

## CHEESE

- Bleu Cheese
- Cheddar
- Cottage Cheese
- Cream Cheese
- Feta
- Gouda
- Mozzarella
- Parmesan
- Provolone
- Ricotta Cheese

## EGGS, POULTRY

- Eggs
- Chicken
- Duck
- Goose
- Quail
- Turkey

## DAIRY

- Almond milk
- Coconut Cream
- Coconut Milk
- Greek Yogurt
- Heavy Cream
- Sour Cream
- Soy Milk
- Whipped Cream
- Grass Fed Butter

## FATS & OILS

- Almond Butter
- Avocado Oils
- Butter
- Cocoa Butter
- Coconut Oil
- Fish Oil
- Flax Seed Oil
- Ghee
- Grape Seed Oil
- Hemp Seed Oil
- Lard
- Mayonnaise
- Olive Oil
- Walnut Oil

## NUTS

- Almonds
- Brazil Nuts
- Hazelnuts
- Macadamias
- Pecans
- Pistachios
- Walnuts

## SEEDS

- Chia
- Flax
- Hemp
- Pumpkin
- Sesame
- Sunflower

## FRUITS

- Avocado
- Blackberry
- Blueberry
- Cranberry
- Lemon
- Lime
- Green Olive
- Raspberry
- Rhubarb
- Tomato

## SEAFOODS

- Bass
- Clams
- Crab
- Flounder
- Haddock
- Halibut
- Lobster
- Mackerel
- Mussels
- Oysters
- Salmon
- Sardines
- Shrimp
- Sole
- Squid
- Trout
- Tuna

