

## Low-Carb Grocery List



### Bread/Grains

- low-carb bagels
- low-carb bread
- low-carb cereal
- low-carb pasta
- low-carb pizza
- low-carb tortillas
- \_\_\_\_\_

### Meat

- bacon
- chicken
- deli meat
- fish
- ground beef
- pork
- sausage
- seafood
- shrimp
- steak
- turkey
- \_\_\_\_\_
- \_\_\_\_\_

### Beverage

- coffee/tea (decaf)
- light juice
- water
- \_\_\_\_\_

### Dairy

- butter
- cheese
- cottage cheese
- cream cheese
- eggs
- low-carb yogurt
- sour cream
- \_\_\_\_\_
- \_\_\_\_\_

### Snacks

- low-carb chips
- low-carb crackers
- nuts/seeds
- protein bars
- \_\_\_\_\_
- \_\_\_\_\_

### Frozen

- broccoli
- corn
- low-carb frozen dinner
- low-carb ice cream
- low-carb waffles
- \_\_\_\_\_

### Canned/Jars

- canned chicken
- low-carb jam
- low-carb peanut butter
- salsa (low sugar)
- tuna
- \_\_\_\_\_
- \_\_\_\_\_

### Condiments

- hot pepper sauce
- mayonnaise
- mustard
- olive oil
- salad dressing
- sugar-free syrups
- \_\_\_\_\_
- \_\_\_\_\_

### Fruits/Veggies

- artichoke
- asparagus
- beans
- broccoli
- cauliflower
- celery
- cucumber
- garlic
- lettuce
- mushrooms
- onions
- peas
- spinach
- squash
- zucchini
- tomato
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