

Low Carb Grocery List

Provided by CarbHealth.com

FRUITS & VEGGIES

- Broccoli / Cauliflower
- Celery
- Cucumbers/ Zucchini
- Green Beans
- Lettuce / Spinach
- Strawberries
- Other _____

DAIRY

- Butter
- Cheese(s)
- Eggs
- Heavy cream
- Low Carb Milk
- Sour Cream
- Whipped Cream

STAPLES

- Low Carb Bread
- Sweetener
- Water

MEATS & FISH

- Bacon
- Beef
- Chicken
- Ham
- Pork
- Sausage
- Turkey
- Veal
- Crab / Lobster
- Other Fish

CONDIMENTS

- Low Carb Ketchup
- Dill Relish

OTHER

- Decaf Coffee
- Seltzer
- Low Carb Candy / Gum
- Other _____
- Other _____

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