

PRINTABLE LOW CARB SHOPPING LIST

VEGETABLES

- Artichokes
- Asparagus
- Avocado
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Green Beans
- Kale
- Lettuce
- Mushrooms
- Onions
- Radishes
- Spinach
- Tomatoes
- Turnips
- Zucchini

MEATS

- Beef
- Chicken
- Fish
- Lamb
- Pork
- Seafood

DRIED HERBS

+ SPICES

- Basil
- Chives
- Cilantro
- Cinnamon
- Dill
- Garlic
- Ginger
- Old bay
- Oregano
- Parsley
- Rosemary
- Thyme
- Turmeric

CONDIMENTS

+ DRESSINGS

- Balsamic vinegar
- Cocktail sauce
- Dill pickle relish
- Horseradish
- Hot sauce
- Ketchup
- Mayo
- Mustard
- Pesto
- Ranch dressing
- Salsa
- Soy sauce

DAIRY

- Butter
- Eggs
- Cheese - all forms
- Cream cheese
- Half and half
- Heavy cream
- Sour cream
- Reddi whip

FRUITS

- Blackberries
- Blueberries
- Cherries
- Clementines
- Lemons
- Plums
- Raspberries
- Strawberries

NUTS + SEEDS

- Brazil nuts
- Hazel nuts
- Macadamias
- Peanuts
- Pecans
- Pine Nuts
- Pumpkin seeds
- Walnuts