

Shopping list

for therapeutic carbohydrate restriction

Refrigerated, produce & freezer section

Fresh meats

Beef – ground, steaks, ribs, or roast
Chicken
Duck
Lamb
Pork – ground, chops, ribs, or roast
Tempeh with no starches added
Tofu with no starches added
Turkey
Veal
Venison or game

Seafood

Crab
Fish of all types
Lobster
Mussels
Octopus
Oysters
Scallops
Shrimp
Squid

Dairy

(no added sugars or starches)
Butter
Cheeses, full-fat – all types
Cottage cheese
Cream cheese or mascarpone
Eggs
Cream, heavy or whipping
Ricotta
Sour cream or crème fraîche
Yogurt, unsweetened Greek

Deli counter

(no added sugars or starches)

Bacon
Chicken salad
Chorizo
Corned beef
Egg salad
Hotdogs
Luncheon meats of all types
Pancetta
Pastrami
Pepperoni
Salami
Sausage
Soppresotto
Tuna salad



Other

Avocados
Fresh herbs, such as cilantro, parsley, chives
Garlic
Lemons & limes
Olives
Salad dressings, full-fat
(no added sugars or starches)
Shirataki or konjac noodles

Vegetables

Artichoke	Green beans	Rhubarb
Asparagus	Greens of all types	Shallots
Bok choy	Jicama	Snow peas
Broccoli	Leeks	Spinach
Brussels sprouts	Lettuces of all types	Sprouts
Cabbage	Mushrooms	Squash
Cauliflower	Okra	Sugar snap peas
Celery	Onions	Tomatillos
Cucumber	Peppers	Tomatoes
Eggplant	Pumpkin	Turnips
Fennel	Radishes	Zucchini

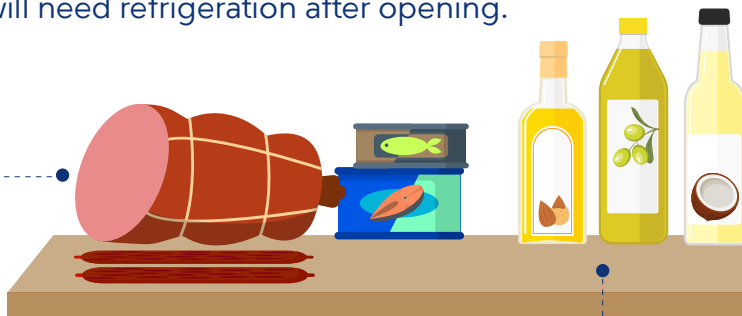
You can make dozens of simple, delicious meals with these basic items.

Pantry & canned goods

Use this list to identify your favorite low-carb items. Check ingredients for added sugars and starches; check serving size and carb count (subtracting fiber from total carbs for net carbs) to stay within daily limits. Some of these items will need refrigeration after opening.

Canned or packaged meats & seafood

Beef jerky or sticks (*no added sugars or starches*)
Ham
Pork rinds or chicharrons
Anchovies
Crab
Salmon
Sardines
Tuna



Cooking & baking items

Low-calorie sweeteners (*your preference*)
Chocolate, dark (*80% cocoa or more*)
Cocoa powder
Flavorings and extracts
Herbs and spices
Psyllium husk powder
Whey protein & other protein powders

Beverages

Club soda
Coffee
Tea
Unsweetened flavored seltzers

Nuts & seeds

Almonds
Brazil nuts
Chia seeds
Flax seeds
Hazelnuts
Hemp seeds
Macadamia nuts
Peanuts
Pecans
Pili nuts
Pumpkin seeds
Sunflower seeds
Walnuts

Fats & oils

Avocado
Coconut oil
Duck fat
Ghee
Lard
Nut oils
Olive oil
Schmaltz (*chicken fat*)
Sesame oil
Tallow
Vegetable oil
(*use limited amounts*)



Canned goods & condiments

(*no added sugars or starches*)

Alfredo sauce
Artichoke hearts
Broth or bouillon
Capers
Cheese crisps (*Parmesan, cheddar, etc.*)
Chipotle peppers
Coconut milk
Green chilies

Hearts of palm
Horseradish
Hot sauces
Mayonnaise
Mushrooms
Mustard
Nut butters (*no added sweeteners*)
Olives
Pasta sauce
Pesto

Pickles & relish, dill or no-sugar added
Roasted red peppers
Salad dressings
Salsa
Sauerkraut
Soy sauce, tamari, or coconut aminos
Sun-dried tomatoes in oil (*a little goes a long way*)
Tomatoes & tomato paste
Vinegar