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
  - Hot dogs
  - Luncheon meats of all types
  - Pancetta
  - Pastrami
  - Pepperoni
  - Salami
  - Sausage
  - Sopressetto
  - 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
- Asparagus
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Fennel
- Green beans
- Greens of all types
- Jicama
- Leeks
- Lettuces of all types
- Mushrooms
- Okra
- Onions
- Peppers
- Pumpkin
- Radishes
- Rhubarb
- Shallots
- Snow peas
- Spinach
- Sprouts
- Squash
- Sugar snap peas
- Tomatillos
- Tomatoes
- Turnips
- Zucchini

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

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# 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

### Nuts & seeds
- Almonds
- Brazil nuts
- Chia seeds
- Flax seeds
- Hazelnuts
- Hemp seeds
- Macadamia nuts
- Peanuts
- Pecans
- Pili nuts
- Pumpkin seeds
- Sunflower seeds
- Walnuts

### Beverages
- Club soda
- Coffee
- Tea
- Unsweetened flavored seltzers

### 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

### 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

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