

LOW CARB GROCERY SHOPPING LIST

Stock your fridge and pantry with low carb foods

Meats & Meat Alternatives

Beef (ground, steaks, ribs, or roast)
Chicken/Turkey
Duck
Lamb
Pork (ground, chops, ribs, or roast)
Veal
Goat
Venison or other game
Tempeh with no starches added
Tofu with no starches added

Dairy

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

Fats & Oils

Avocado/Avocado oil
Coconut oil
Ghee/Lard
Olives/Olive oil
Schmaltz (chicken fat)
Sesame oil
Vegetable oil
Nut oils



Deli counter

(no added sugars or starches)
Bacon
Chorizo
Corned beef
Egg salad
Hot dogs
Luncheon meats of all types
Pastrami
Pepperoni
Salami
Sausage



Canned or packaged meats & seafood

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



Beverages

Club soda
Coffee
Tea
Unsweetened flavored seltzers

Seafood

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

Vegetables

Artichoke
Asparagus
Baby corn
Bean sprouts
Broccoli
Bok choy
Brussels sprouts
Cabbage
Cauliflower
Celery
Cucumber
Eggplant
Fennel
Greens (all types)
Green beans
Green onions/chives
Kohlrabi
Leeks
Lettuces of all types
Mushrooms
Okra
Onions
Peppers (all varieties)
Radishes
Rhubarb
Rutabaga
Seaweed
Shallots
Snap peas/snow peas
Sprouts
Sugar snap peas
Swiss chard
Tomatoes
Turnips
Watercress
Zucchini



Canned goods & condiments

Alfredo sauce
Artichoke hearts
Broth or bouillon
Capers
Cheese crisps (Parmesan, cheddar, etc.)
Chipotle peppers
Coconut milk
Green chilies
Horseradish
Hot sauces
Mayonnaise
Mushrooms
Mustard



Nut butters (no added sweeteners)
Olives
Pasta sauce
Pesto
Pickles & relish (no sugar added)
Roasted red peppers
Salad dressings (full-fat)
Salsa
Sauerkraut
Soy sauce/tamari
Sun-dried tomatoes in oil
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
Whey protein & other protein powders

Other

Fresh herbs
Garlic
Lemons & limes
Shirataki/konjac noodles



Nuts & seeds

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



Find more low carb lifestyle
resources at www.MCT2D.org!

Higher Carb Foods

Milk

Milk (2%)
Plain soy milk

Whole grains

Quinoa
Oats
Brown rice
Whole wheat pasta
Whole wheat/grain bread
Whole wheat crackers

Fruits

Berries
Kiwi
Plum
Pineapple
Melon/watermelon
Orange
Banana
Grapes
Cherries
Canned fruit (in water)

Starchy vegetables

Beans
Beets
Carrots
Corn
Green peas
Lentils
Potato
Squash
Taro
Yams

