

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
Sesame oil
Canola oil
Nut and seed oils



Deli counter

(no added sugars or starches)
Egg salad
Tuna salad
Chicken salad
Deli meat (best choices are low sodium)

Canned or packaged meats & seafood

(no added sugars or starches)
Anchovies
Sardines
Canned tuna, mackerel, salmon, or crab
Canned chicken
Meat jerky (check labels for carb content)



Beverages

Water (still, sparkling, fruit/herb infused)
Coffee (any unsweetened variety)
Tea (any unsweetened variety)
Carbonated beverages with no added sugar
Unsweetened almond milk
Unsweetened soy milk

Vegetables

Bean sprouts
Artichoke
Arugula
Asparagus
Baby corn
Broccoli
Bok choy
Brussels sprouts
Cabbage

Seafood

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

Vegetables (cont.)

Cauliflower
Celery
Collards
Cucumber
Eggplant
Fennel
Fresh herbs
Garlic
Ginger
Green/red chillies
Greens (all types)
Green beans
Green onions/chives
Kale
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 & Pantry Items

Alfredo sauce
Artichoke hearts
Broth or bouillon cube
Bone broth
Capers
Canned/crushed tomatoes
Canned beans/lentils
Canned vegetables
Chipotle peppers
Coconut milk
Evaporated milk
Nut butters
Olives

Pasta sauce
Pesto
Roasted red peppers
Salad dressing
Soy sauce/tamari
Sun dried tomatoes
Tomato paste
Vinegar

Tip: Always check the nutrition label of packaged items for accurate carb content.



Cooking & baking items

Almond and coconut flour
Cocoa powder
Dark chocolate (80% or greater)
Spices and herbs
Sugar substitutes (stevia, monk fruit, erythritol etc.)
Vanilla and almond extract

Condiments

Guacamole/salsa
Horseradish
Hot sauce
Pickles
Mayonnaise/mustard
Kimchi
Sauerkraut



Nuts & seeds

Almonds
Brazil nuts
Chia seeds
Flax seeds
Hazelnuts
Hemp seeds
Macadamia nuts
Peanuts
Pecans/walnuts
Pumpkin seeds
Sunflower seeds



Other

Protein powders and shakes (check labels)
Psyllium husk powder
Hearts of palm noodles and rice
Shirataki/konjac noodles and rice
Spiralized vegetable noodles
Spaghetti squash
Low carb products (check labels)



Starchy vegetables

Beans
Beets
Carrots
Corn
Green peas
Lentils
Potatoes/Sweet potatoes
Squash
Taro
Yams



Higher Carb Foods

Whole grains

Brown rice
Barley
Farro
Quinoa
Oats

Fruits

Apples
Banana
Berries (all kinds)
Canned fruit (in water)
Cherries

Kiwi
Lemons/limes
Mango
Peach
Pear
Plum

Pineapple
Watermelon
Orange
Grapes



Adapted from Diet Doctor