

## Low-Carbohydrate Shopping List

<u>Vegetables</u>	<u>Fruits</u>	<u>Proteins</u>	<u>Misc. Items</u>
<b>Fresh, Frozen or Canned</b>	<b>Fresh, Frozen or Canned</b>	Beef (lean cuts)	Coffee (Decaffeinated)
Artichokes	Avocado	Deli Meats (nitrate free)	Crystal Light (and similar)
Asparagus	Blackberries	Fish	Hot cocoa (sugar-free)
Bamboo Shoots	Blueberries	Pork (lean cuts)	Jello (sugar-free)
Bean Sprouts	Cherries	Poultry	Protein Waters (sugar-free)
Beets	Grapefruit	Shellfish (no imitation)	Syrups (sugar-free)
Bell Peppers (all colors)	Lemons	Wild Game	Tea (Decaffeinated)
Bok Choy	Limes	Jerky/Sausage	
Broccoli	Melons		
Broccoli Raab	- Casaba	<b><u>Dairy</u></b>	Pre-Surgery or Non-Surgical Options: Tortillas (Low-carb, High Fiber) Wraps (Low-carb, High Fiber) Bread (Low-carb, High fiber)
Brussel Sprouts	- Cantaloupe	Butter	
Cabbage	- HoneyDew	Cottage Cheese	
Carrots	- Watermelon	Cream Cheese	
Cauliflower	Oranges/Tangerines	Cheeses (Low-fat)	
Celery	Peaches/Nectarines	Eggs	
Cucumbers	Plums	Greek Yogurt (read labels)	
Edamame	Raspberries	Half & Half	
Eggplant	Strawberries	Heavy Whipping Cream	
Green Beans	Tomatillos	Sour Cream	Always read labels! Compare your favorite brands to others and keep protein needs at the top of your list.
Greens (all kinds)	Tomatoes (go easy)		
Jicama			
Kale		<b><u>Other Protein</u></b>	
Leeks		Flax Seed	
Lettuce (all kinds)		Nuts*	
Mushrooms		Peanut Butter	
Okra	<b><u>Frozen Foods</u></b>	Pork Rinds	
Onions	Cauliflower	Pumpkin Seeds	
Hot Peppers	- riced or mashed	Soy Nuts	
Pumpkin	Fish/Seafood	Sunflower Seeds	
Radishes	Beef	Tofu	
Salad Greens	Pork		
Scallions	Poultry	*Almonds & peanuts are lower in fats than some of their counterparts	
Snow Peas			
Spaghetti Squash			
Spinach	<b><u>Canned</u></b>		
Sugar Snap Peas	Tuna		
Turnips	Salmon		
Yellow Squash	Chicken		
Zucchini	Shrimp		