

# LOW CARB DIET

## GROCERY LIST

### Proteins

BACON  
GROUND BEEF  
LAMB  
PORK  
SALMON  
CHICKEN  
TROUT  
HADDOCK  
SHRIMP  
TUNA

### Extras

COFFEE  
STEVIA  
CHICKEN BROTH  
BEEF BROTH  
UNSWEETENED TEA  
UNSWEETENED ALMOND MILK  
UNSWEETENED COCONUT MILK  
WATER  
SUGAR FREE DRINKS

### Dairy

HEAVY WHIPPING CREAM  
BUTTER  
MAYO  
COTTAGE CHEESE  
CREAM CHEESE  
SOUR CREAM  
HALF AND HALF  
EGGS

### Produce

BROCCOLI  
MUSHROOMS  
AVOCADOS  
SPINACH  
CAULIFLOWER  
BELL PEPPERS  
CUCUMBERS  
SPINACH  
GREEN BEANS  
LETTUCE  
GARLIC  
KALE  
BRUSSEL SPROUTS  
WATERMELON  
BLUEBERRIES  
STRAWBERRIES

### Nuts

ALMONDS  
SUNFLOWER SEEDS  
WALNUTS  
PECANS  
CASHEWS  
CHIA SEEDS  
PUMPKIN SEEDS  
FLAX SEEDS