

LOW CARBOHYDRATE PANTRY

_BOUILLON CUBES _BROTH (BEEF/CHICKEN/VEGETABLE) _OILS

(OLIVE/PEANUT/COCONUT) _NUTS AND SEEDS (UNSWEETENED) _PICKLES _TUNA FISH (IN OLIVE OIL) _SALMON _SALSA (NO SUGARS/FRUIT SALSAS) _SARDINES

LOW CARBOHYDRATE DAIRY & EGGS

_EGGS _ALMOND MILK (UNSWEETENED) _BLUE CHEESE _BRIE _BUTTER _CHEDDAR _CREAM CHEESE (FULL-FAT) _CREAM, HEAVY WHIPPING (FULL-FAT) _COCONUT MILK (UNSWEETENED) _FETA _GOAT CHEESE _GOUDA _MOZZARELLA, WHOLE MILK _PARMESAN _SOY MILK (UNSWEETENED) _SOUR CREAM (FULL-FAT) _STRING CHEESE _SWISS _WHIPPED HEAVY CREAM (LAND O'LAKES, SUGAR-FREE)

LOW CARBOHYDRATE MEAT

A _BACON _BISON _BEEF _CANADIAN BACON _CHICKEN _FISH

(SALMON/TROUT/SARDINES/COD/TUNA/ETC.) _HAM _LAMB _LUNCH MEAT (W/NO ADDED SUGARS OR SWEETENERS) _PORK _SHELLFISH (AVOID IMITATION CRAB)

LOW CARBOHYDRATE BEVERAGES

_CLUB SODA _COFFEE, BLACK _DRINK MIXES, SUGAR FREE (MIO/CRYSTAL LIGHT) _SELTZER (UNFLAVORED OR ARTIFICIALLY SWEETENED) _TEA (HERBAL/UNSWEETENED) _WATER

LOW CARBOHYDRATE PRODUCE

_ ASPARAGUS _ AVOCADO _ BOK CHOY _ BROCCOLI _ CABBAGE _ CAULIFLOWER _ CELERY
_ CUCUMBERS _ COLLARD GREENS _ GARLIC _ GINGER _ GREEN BEANS _ HERBS (BASIL,
CILANTRO, THYME, OREGANO) _ KALE _ LEMON/LIME _ LETTUCE _ MUSHROOMS
_ MUSTARD GREENS _ ONIONS _ PEPPERS _ SALSA, FRESH _ SPINACH _ SQUASH
(SPAGHETTI/SUMMER) _ ZUCCHINI

LOW CARBOHYDRATE CONDIMENTS

_ BBQ SAUCE (SUGAR-FREE) _ CAPERS _ FISH SAUCE _ HORSERADISH _ NUT BUTTERS
(ALMOND/CASHEW/UNSWEETENED PEANUT) _ MUSTARD (YELLOW/DIJON) _ KETCHUP (LOW-
CARB/SUGAR-FREE) _ OLIVES _ PESTO _ VINEGAR (BALSAMIC/RED WINE/UNSWEETENED
RICE/SHERRY) _ SOY SAUCE _ SPICES (SALT/PEPPER/CUMIN/OREGANO/ETC.) _ WASABI
PASTE _ RANCH DRESSING (SUGAR-FREE) _ MAYONNAISE (SUGAR-FREE, FULL-FAT)

LOW CARBOHYDRATE BAKING SUPPLIES

_ ALMOND FLOUR _ BAKING SODA _ BAKING POWDER _ COCOA POWDER (UNSWEETENED)
_ COCONUT FLOUR _ SWEETENERS (ERYTHRITOL/STEVIA)

LOW CARBOHYDRATE FROZEN FOODS

_ BURGERS (BEEF/TURKEY) _ CHICKEN _ REBEL ICE CREAM _ RICED CAULIFLOWER _ VEGETABLES