

# Ultimate Low Carb Shopping List

## Vegetables

- Artichokes
- Asparagus
- Aubergine (Eggplant)
- Avocado
- Bean Sprouts
- Bok Choi
- Broccoli
- Brussel Sprouts
- Cabbage
- Cauliflower
- Celery
- Chard
- Chicory
- Courgette (Zucchini)
- Cucumber
- Curly Kale
- Greens
- Herbs
- Leeks
- Lettuce
- Mushroom
- Okra
- Olives
- Onion
- Pumpkin
- Radishes
- Spinach
- Squash
- Sweet Peppers
- Tomatoes
- Turnips
- Water Chestnuts

## Fruit

- Blackberries
- Blueberries
- Cantaloupe Melons
- Lemons
- Limes
- Raspberries
- Rhubarb
- Strawberries

## Meat

- Bacon
- Beef
- Chicken
- Duck
- Goose
- Ham
- Lamb
- Pork
- Steak
- Turkey

## Fish & Shellfish

- Anchovies
- Cod
- Crab
- Halibut
- Herring
- Lobster
- Mackerel
- Salmon
- Sardine
- Scallops
- Shrimp
- Squid
- Trout
- Tuna

## Dairy

- Butter/Margarine
- Cheese
- Cottage Cheese
- Cream
- Egg

## Nuts & Seeds

- Almonds
- Coconut
- Hazelnuts
- Macadamia Nuts
- Pecans
- Sunflower Seeds
- Walnuts

## Other Low Carb Foods

- Agave Nectar
- Bouillon powder (great for drinking hot, or adding to soups & stews)
- Coffee
- High fiber breakfast cereals
- Low Fat Mayonnaise
- Olive Oil
- Splenda
- Sugar free hot chocolate powder/mix
- Sugar free jelly
- Tea (various types)