

LOW CARB DIET GROCERY LIST

INTEGRATIVE CARE

Protein

Beef
Chicken
Fish
Lamb
Turkey
Pork
Seafood
Organ Meat
Eggs
Deli Meat
Bone Broth

Dairy

Heavy Cream
Cheese
Cream Cheese
Sour Cream

Snacks & Beverages

Pork Rinds
Nuts & Seeds
Sugar-free Jello
Keto Ice Cream
Dark Chocolate
Low Carb Protein Bars
Sugar-free Drinks
Coffee
Tea

Fats & Oils

Butter
Tallow
Lard
Ghee
Coconut oil
Extra Virgin Olive Oil
MCT Oil

Fruits & Vegetables

Strawberries	Onions
Raspberries	Lettuce
Blackberries	Arugula
Coconut	Celery
Cabbage	Cauliflower
Broccoli	Mushroom
Cucumber	Bell Pepper
Spinach	Asparagus
Lemon	Zucchini
Lime	Sauerkraut
Avocado	Kimchi

Sweeteners & Condiments

Stevia
Erythritol
Monk Fruit Extract
Vinegar
Mustard
Hot Sauce
Soy Sauce