



LOW CARB GROCERY CHECK LIST

by Justin N. Hogan, MD

PROTEIN - *Choose all natural, Nitrate/Nitrite Free*

- Ground Beef
- London Broil/Sirloin
- Chicken Breast
- Bacon
- Lunchmeat
- Wild Caught Fish (Salmon, Tuna, Snapper)
- Eggs

OILS & FATS

- Extra Virgin Olive Oil
- Avocado Oil
- Grassfed Butter
- Coconut Oil/Butter

FRUITS

- Red Apples
- Berries (*Blackberries, Strawberries, Blueberries*)
- Lemons

VEGETABLES

- Fresh Spinach
- Bell Peppers
- Fresh Garlic
- Zucchini Whole
- Whole Cauliflower
- Asparagus

NUTS

- Roasted Almonds/Walnuts
- Shelled Peanuts
- Chia Seeds

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DAIRY/REPLACEMENT ITEMS - *Limit intake of dairy products due increased inflammation*

- Feta Cheese
- Goat Cheese
- Shredded Cheese - Full Fat

PANTRY ESSENTIALS

- Spicy Mustard
- Primal Kitchen Mayonnaise
- No Sugar Added Ketchup
- Clean Salad Dressing (*Amy's Kitchen, Primal Kitchen, Cindy's Kitchen*)
- Almond Butter
- Red Wine Vinegar
- Xilitol, Stevia
- Himalayan Sea Salt
- Black Pepper

PASTA/BREAD REPLACEMENTS

- Zucchini Noodles
- Miracle Noodles
- Spaghetti Squash
- Explore Cuisine Bean Noodles

SNACKS

- Nuts - See Above
- Olives - Olives is a great brand
- Pickles - Mt Olive Organic
- Beef Jerky - Low Sugar, Nitrate/Nitrite Free