

KETO DIET

PRINTABLE GROCERY SHOPPING LISTS

This list is compiled by Craft-Mart.com

Low Carb Fruits and Vegetables Grocery List

Vegetables

- | | |
|--|---|
| ☐ Jalapeno peppers [0.5] | ☐ Garlic [0.9] |
| ☐ Chili peppers [1] | ☐ Celery [1.4] |
| ☐ Shallots [1.4] | ☐ Cucumbers [1.6] |
| ☐ Poblano peppers [1.9] | ☐ Pickles [1.9] |
| ☐ Kelp noodles [2] | ☐ Radishes [2] |
| ☐ Rhubarb [2] | ☐ Mushrooms [2.2] |
| ☐ Eggplant [2.3] | ☐ Asparagus [2.4] |
| ☐ Zucchini [2.4] | ☐ Yellow squash [2.6] |
| ☐ Cauliflower [3.2] | ☐ Bell peppers [3.6] |
| ☐ Green beans [4.3] | ☐ Okra [4.3] |
| ☐ Onions [4.3] | ☐ Bamboo shoots [4.6] |
| ☐ Brussels sprouts [4.6] | ☐ Green onions [4.7] |
| ☐ Shirataki noodles [4.7] | ☐ Snow peas [4.9] |
| ☐ Jicama [5.1] | ☐ Artichokes [5.2] |
| ☐ Leeks [5.5] | ☐ Spaghetti squash [5.5] |
| ☐ Celeriac [5.8] | ☐ Turnips [6.1] |
| ☐ Pumpkins [6.9] | ☐ Rutabagas [8.9] |

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* [X.X] Numbers in square brackets are Net Carb Values

Fruits & Berries

- | | |
|--|---|
| ☐ Avocados [1.8] | ☐ Olives [2.2] |
| ☐ Coconuts [2.5] | ☐ Blackberries [3.1] |
| ☐ Raspberries [3.3] | ☐ Strawberries [4.3] |
| ☐ Cranberries [4.6] | ☐ Tomatoes [4.8] |
| ☐ Limes [5.2] | ☐ Currants [5.3] |
| ☐ Lemons [5.4] | ☐ Watermelon [5.5] |
| ☐ Blueberries [8.9] | ☐ Broccoli rabe [0] |

Leafy Greens

- | | |
|--|---|
| ☐ Endive [0.1] | ☐ Sprouts [0.1] |
| ☐ Beet greens [0.2] | ☐ Watercress [0.2] |
| ☐ Arugula [0.4] | ☐ Spinach [0.4] |
| ☐ Butter lettuce [0.5] | ☐ Bibb lettuce [0.6] |
| ☐ Romaine [0.6] | ☐ Bok choy [0.8] |
| ☐ Chard [0.8] | ☐ Mustard greens [0.8] |
| ☐ Iceberg lettuce [1.2] | ☐ Cabbage [3] |
| ☐ Kale [3.4] | ☐ Collard greens [3.9] |

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