

Low Carb GR CERY List



Meat

Bacon
Beef
Bison
Chicken
Duck
Ham
Hamburger
Jerky
Lamb
Pepperoni
Pork
Sausage
Steak
Turkey



Vegetables/Fruits

Avocado
Asparagus
Blackberries
Blueberries
Broccoli
Brussels Sprouts
Cabbage
Cauliflower
Celery
Cucumber
Eggplant
Green Beans
Lemons
Lettuce
Limes
Mushrooms
Onions
Olives
Peas
Peppers
Pickles
Spaghetti Squash
Spinach
Strawberries
Tomato
Zucchini



Dairy

Butter
Cheese
Cream
Cream Cheese
Heavy Cream
Sour Cream



Nuts/Seeds



Almonds
Almond Butter
Brazil Nuts
Peanuts
Peanut Butter
Pecans
Pumpkin seeds
Pistachios
Sunflower seeds
Walnut

Seafood



Crab
Fish
Lobster
Prawns
Scallops
Shrimp
Squid

Flour



Almond Flour
Coconut Flour