



Low-carb Diet Shopping List



Meat and Poultry

- Chicken breast
- Ground beef
- Turkey breast
- Pork tenderloin
- Bacon
- Lamb chops

Fish and Seafood

- Salmon
- Shrimp
- Tuna
- Cod
- Sardines
- Mussels

Vegetables

- Spinach
- Kale
- Broccoli
- Cauliflower
- Zucchini
- Bell peppers

Beverages:

- Water
- Coffee (black or with cream)
- Sparkling water
- Herbal tea
- Bone broth

Condiments and Sauces

- Mustard
- Hot sauce
- Mayonnaise (low-carb options)
- Soy sauce
- Salsa (low-carb options)
- Sugar-free ketchup

Healthy Fat and Oil

- Avocado
- Olive oil
- Coconut oil
- Butter

Nuts and Seeds

- Almonds
- Walnuts
- Flaxseeds
- Chia seeds
- Pumpkin seeds
- Pecans

Eggs and Dairy

- Eggs
- Greek yogurt
- Cottage cheese
- Cheddar
- Mozzarella
- Parmesan

Fruit

- Berries (strawberry, blueberry, raspberry)
- Peaches
- Apples
- Cantaloupe
- Watermelon



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

