

Healthy and Trim Low-Carb Grocery List

©JoyInOurJourney.com

Netrition.com (\$4.95 S&H)

- Joseph's Flax/Oat/Bran/Wh. Wheat Pitas
- Joseph's Low Carb Lavish Bread
- Joseph's Low Carb Tortillas
- 12% defatted Peanut Flour
- Swerve sweetener
- Oat fiber
- MCT Oil
- Psyllium Husk Powder
- Almond Flour
- Coconut Flour
- Chana Dal
- Erythritol sweetener
- Xylitol sweetener
- Glucomannan Powder
- _____

Baking

- Coconut Flour
- Almond Flour
- Baking Powder
- Baking Soda
- Sea Salt (Celtic or Redmond RealSalt)
- Defatted 12% Peanut Flour
- Shredded Coconut (unsw.)
- Pure Stevia Extract
- Cocoa Powder (unsw.)
- Cinnamon
- Flavorings
- Vanilla
- Coconut Oil
- Coconut Oil Spray
- Olive Oil
- Truvia (*not* Baking Blend)
- Lindt 90% chocolate bars
- Lily's Chocolate Chips

Meat / Seafood

- Bacon (no sugar added)
- Turkey Bacon (no sugar)
- Boneless Chicken Breast
- Alaskan Salmon fillets
- Turkey Pepperoni
- Pork Loin
- Ground Beef (80% or higher)
- Ground turkey (extra lean)

Condiments

- Polaner's No-Sugar Fruit Spread
- Nature's Hollow S.F. Preserves
- Smucker's Low Sugar Preserves
- Bragg's Nutritional Yeast
- Bragg's Liquid Aminos
- Bragg's Raw Apple Cider Vinegar
- Peanut Butter (no sugar)
- Light Mayonnaise
- Mustard (no sugar)
- Catsup (no sugar)

Snacks

- SmartPop 94% Fat Free Microwave Popcorn
- Almonds (raw or plain)
- Lily's Chocolate bars
- Finn Crisp Orig. Thin Rye Crispbread (Sourdough Rye)
- Wasa Lt. Rye Crispbread

Produce

- Apples
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Garlic
- Lettuce (Romaine)
- Mushrooms
- Onions
- Sweet Potatoes
- Tomatoes
- Zucchini
- _____
- _____

Beverages

- Coffee
- Green Tea
- Herbal Teas
- Oolong Tea
- Stevia-Sweetened Colas (Zevia, Blue Sky, Honest Fizz)
- TrueLemon Crystallized Lemon, Lime, or Orange
- Sobe Lifewater Zero
- Almond milk (30-calorie)
- _____
- _____
- _____

Bread/Beans/Pasta

- Brown Rice
- Dreamfields Pasta
- Old-Fashioned Oats
- Quinoa
- 100% Wh. Wheat Sprouted Bread (no sugar)
- Tortillas (low carb)
- Uncle Sam Cereal
- Ezekiel 4:9 Sprouted Grain Cereals
- Shiritaki/Konjac Noodles
- Golden Flax Seeds
- Chia Seeds
- _____
- _____

Canned / Jarred

- Alaskan Salmon
- Coconut Milk
- Coconut Cream
- Progresso Light Soups
- Tuna
- Canned Chicken
- Beans (black, northern, etc.)
- Tomato sauce (no sugar)
- Tomato paste
- Diced Tomatoes
- Alfredo Sauce (2 gr. net carbs or less)
- _____
- _____
- _____

Frozen Foods

- Turkey Sausage links/patties
- Chicken Breasts
- Chicken Thighs
- Vegetables (look for low-carb varieties like spinach, broccoli, cauliflower)
- Stir Fry Veggies (low carb varieties)
- Strawberries
- Blueberries
- Three-Berry Mix

Dairy Products

- Eggs
- Liquid Egg Whites
- Butter
- Sour Cream
- Greek Yogurt
- Cottage Cheese (2%)
- Cream Cheese
- 1/3 Less Fat Cream Cheese
- Laughing Cow Light Creamy Swiss
- Babybel Lt. Mini-Cheese
- Mozzarella String Cheese
- Grated Parmesan Cheese
- Feta Cheese
- Almond Milk (30-calorie)
- Heavy Whipping Cream
- Redi-Whip nonfat whipped cream