



Suggestions for Grocery List

Proteins

• Eggs or Egg Whites • Boneless, Skinless Chicken Breast • Tuna or White Meat Chicken (both water packed) • Fish (tilapia, cod, halibut, salmon and sea bass)/Shrimp • Ground Beef or Ground Round (92-96%) • Buffalo steak • Rib eye Steaks or Roast • Top Round Steaks or Roast (aka Stew Meat, London Broil, Stir Fry) • Top Sirloin (aka Sirloin Top Butt)/Beef Tenderloin (aka Filet, Filet Mignon) • Top Loin (NY Strip Steak)/Flank Steak (Sir Fry, Fajita) • Eye of Round (Cube Meat, Stew Meat, Bottom Round , Ground Round) • Ground turkey, Turkey Breast Slices or cutlets (fresh meat, not deli cuts), pork chops, pork tenderloin, and of course, bacon and sausage

Complex Carbs (eat very little of these if following LCHF)

• Oatmeal (Old Fashioned Oats) • Sweet Potatoes (Yams) • Quinoa • Lentils • Beans (pinto, black, kidney) • Brown Rice • Pasta (Whole Wheat) • Rice (jasmine, basmati, Arborio, wild, brown- avoid white rice) • Potatoes (red skin) • Whole Wheat Pita • Whole Wheat Tortillas or Corn tortillas • Rice Cakes • Whole Wheat Bread

Fibrous Carbs & Vegetables (Fresh first, frozen second, canned last choice)

• Green Leafy Lettuce (Green Leaf, Red, Leaf, Romaine)/Bagged Salad • Broccoli • Asparagus • String Beans • Black Beans • Spinach • Bell Peppers • Brussels Sprouts • Cauliflower • Celery • Mushrooms • Cabbage • Sprouts • Cucumber • Green or Red Pepper • Onions • Garlic • Tomatoes • Zucchini • Squash • Spaghetti Squash • Pumpkin

Fruit

• Berries (blueberries, strawberries and raspberries) • Lemons or Limes • Melons • Grapefruit • Apples • Dates • Grapes • Oranges • bananas, peaches or plums • Dried fruit ONLY if it has NO added sugar in the ingredient list

Healthy Fats

• Natural Style or Organic Peanut Butter with NO added sugar • Olive Oil or Coconut Oil or MCT oil • Nuts (peanuts, almonds) and olives • Flaxseed Oil • Avocados

Dairy & Eggs

- Cottage cheese, feta, cheddar, mozzarella, goat cheese (full fat dairy when possible) • Eggs • Egg whites
- Milk • Greek yogurt (preferably plain, definitely no added sugar)

Beverages

- Water • Tea • Coffee • Almond Milk

Condiments & Misc.

- Ketchup (use very sparingly - keep it as clean and organic as possible or make your own)
- Soy Sauce • Balsamic Vinegar • Balsamic or Raspberry Vinaigrette • Salsa or Fresh Pico De Gallo • Tomato Paste • Mustard (yellow or Dijon) • PURE Extracts (vanilla, almond, etc.) • beef, vegetable, or chicken broth • tomatoes sauce, puree, paste • pure maple syrup • Honey

Herbs & Spices

- Chili powder • garlic powder • Onion powder • Cinnamon • Allspice • Basil • Bay leaf
- Cumin
- Dill • Ginger • Sage • Rosemary • Paprika • Thyme • Oregano • Curry Powder • cilantro • Marjoram • Tarragon • Dry Mustard • pink Himalayan salt • Saffron • Nutmeg • Pumpkin Pie Spice • Black Pepper