

Printable Low Carb Grocery List from
www.LowCarbFreedom.com

How to live low carb with pleasure and freedom

Grocery Item	Induction	Notes	My Notes
Low Carb Pitas	no	Many different makes, we use them for lunch or grill with them	
Low Carb Wraps	no	Many different makes, usually to make Mexican dinners	
Pepperidge Farm Carbstyle Bread	no	My son's fave when he doesn't eat pitas. Lasts a long time!	
Lower Carb Bagel	no	Can only find Stop & Shop Brand	
Tropicana Light'n Healthy OJ	no	For the kids	
Minute Maid Limeade Light	no	She likes it, can also be used to mix drinks	
Special K Low Carb	no	My husband eats it all the time	
Precooked bacon	yes	Best to eat with eggs as a treat. It lasts forever if you get it from Costco or BJs.	
Sausage	yes	Frozen so can be used for special breakfasts	
Eggs	yes	Use for everything!	
Dannon Light & Fit Carb & Sugar Control Yogurt	maybe	There may be low carb store brands as well	
Deli Meats	yes	Better to get non-nitrate, but more expensive	
Simply Jif	yes	Cheaper than Carb Options	
Low Sugar Jelly or Low Carb Jam	no	I prefer Keto from netrition or Pollaner All Fruit with Splenda (hard to find)	
Tuna	yes	Try to use sparingly with the kids because of potential mercury	
Canned Chicken	yes	If we run out of deli meat, this is great to	

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		have! Costco!	
Mayo	yes	Full fat and not lite! Also get flavored mayos for variety	
No sugar or low carb relish	yes	Sweet relish has a ton of sugar!	
Salsa	yes	Look for low sugar on the labels!	
Mustard			
Lettuce	yes	Staple for lunch!	
Celery	yes	Staple for lunch!	
Cream cheese	yes	I buy the big tubs! Currently at BJs	
Hannah's Roasted Peppers & Jalapeno Hommus or Hummus	no	I love this stuff!	
Lower Carb Soy & Flaxseed Tortilla Chips	no	Always have some on hand! Use these instead of crackers now!	
Thomas' Light English Muffins	no	Kids will eat them, but only eat them once you have attained goal!	
Smartfood in individual bags	no	When they want a normal snack, full fat version!	
Nuts	some	We buy lots of these! All kinds!	
CarbWell Low Carb Cereal Bars	no	For their lunches	
No Sugar Jello & Low Sugar Pudding	yes?	snack	
Apples	no	For the kids	
Berries (all types)	yes	son won't touch them!	
grapes, pears tangerines, etc.	no	For the kids	
Cheese	yes	Huge packs of sliced cheese at Costco, cheese sticks, shredded cheese, pub cheese, all types of cheese!	

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Frozen Costco Broccoli	yes	Never out!	
Frozen Trader Joe French String Beans	yes	Nice to always have a veggie available	
Frozen Stir Fry Veggie Mix	yes	Can make a stir fry with low sugar teryiaki sauce	
Frozen diced turnip & cauliflower	yes	Stews, soups instead of potatoes	
Fresh veggies	yes	varies, spaghetti squash, kale, cukes, etc.	
Frozen diced onions & peppers	yes	Use to make a quick omelet, etc.	
Salad Dressings	yes	Love Cardini's Caesar Ken's Italian (full fat versions!)	
Meats, Fish, etc.	yes	Pork, chicken, shrimp, fish, crab meat, beef, hamburger, turkey	
Almond flour , walnut flour, etc. blanched or unblanched	some	I use it to bread meat, make treats, etc.	
Dreamfield's Pasta (all types) available online	no	Use it with spaghetti sauce, cheese sauce, clam sauce, etc.	
Carb Options Cheese Sauce & Alfredo Sauce	no	Make with Dreamfield's	
Marinated Mushrooms & Artichoke Hearts	no	Get them at Costco or BJ's. Last a long time.	
Low Carb Ice Cream	no	Type varies	
Steel's Low Carb Caramel and Chocolate Sauce	no	Has inulin! Great for you!	
Various low carb chocolates, cookies	no	I try so many and we haven't picked the ones that we have to have yet.	