

148 LOW CARB FOODS SHOPPING LIST



MEAT, FISH AND POULTRY

Zero Carb Foods

- ☐ All Red Meat
- ☐ Chicken
- ☐ Turkey
- ☐ Pork
- ☐ Veal
- ☐ Lamb
- ☐ Fowl (duck, goose, hen, quail)
- ☐ Organ Meats (tongue, brains, liver, heart, and kidneys)
- ☐ Game Meats (ostrich, venison, caribou, bison, and elk)
- ☐ Exotic Meats (such as ostrich and emu)
- ☐ Cold Cuts And Ham (read label some have added sugar)
- ☐ Bacon
- ☐ All Fish



SEAFOOD

- ☐ Shrimp – 0 Carbs
- ☐ Crawfish - 0 Carbs
- ☐ Crab - 0 Carbs
- ☐ Lobster – 2 grams per 6 ounces
- ☐ Mussels – 8.4 per 6 ounces
- ☐ Oysters – 12.4 per 6 ounces
- ☐ Scallops – 3.9 per 6 ounces
- ☐ Clams – 8.7 grams per 6 ounces
- ☐ Squid – 7 grams per 6 ounces



FATS AND DRESSINGS

- ☐ Butter - 0 Carbs
- ☐ Mayonnaise - 0 Carbs
- ☐ Oils – 0 Carbs
(olive, avocado, and coconut oils for general use. Cold-pressed or expeller-pressed canola, peanut, and grapeseed oils are good for stir-fries)
- ☐ Pure Unrefined Cold Pressed Extra Virgin Coconut Oil – 0 Carbs
(contains medium chain triglycerides fatty acids, metabolized by the body to be used as immediate energy and not stored as fat)
- ☐ Avocados - 4.8 grams each
- ☐ Blue Cheese Dressing (2 tbsp.) – 2.3 grams
- ☐ Italian Dressing (2 tbsp.) – 3 grams
- ☐ Cesar Dressing (2 tbsp.) - .5 grams
- ☐ Ranch Dressing (2 tbsp.) – 1.4 grams
- ☐ 100 Island Dressing (2 tbsp.) – 4.8 grams



Note: Check labels on all commercial dressings for carb counts

SOY VEGAN PROTEIN

- ☐ Soybeans - 6.2 grams per 1/2 cup
- ☐ Soy Milk – 1.2 grams per cup
- ☐ Firm Tofu – 2.2 grams per 4 ounces
- ☐ Silken Tofu – 3.2 grams per 4 ounces
- ☐ Tempeh – 16 grams per cup
- ☐ Soy Nuts – 2 grams per ½ ounce



HERBS AND SPICES

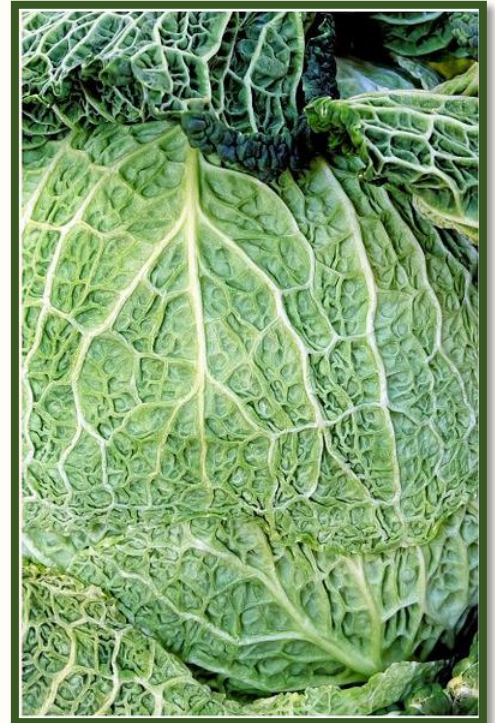
All Herbs And Spices Have Only Trace Amounts Of Carbs

VEGETABLES

- ☐ Alfalfa Sprouts - .4 grams per cup
- ☐ Daikon – 1 gram per ½ cup
- ☐ Endive - >1 gram per ounce
- ☐ Escarole - >1 gram per ounce
- ☐ Arugula - .2 grams per ½ cup
- ☐ Bok Choy - .8 grams per 1 cup/raw
- ☐ Celery - .8 grams per 1 stalk
- ☐ Chicory Greens - .6 grams per ½ cup
- ☐ Green Onions - .1 per 1 tablespoon
- ☐ Cucumber - 1 gram per ½ cup sliced
- ☐ Fennel - 3.6 grams per 1 cup
- ☐ Iceberg Lettuce - .1 grams per 1/2 cup
- ☐ Jicama - 2.5 grams per ½ cup
- ☐ Parsley - >1 gram per ounce
- ☐ Bell Peppers - 2.3 grams per ½ cup
- ☐ Radicchio - .7 grams per ½ cup



- ☐ Radishes - .9 grams per 10 pieces
- ☐ Romaine Lettuce - .2 grams per ½ cup
- ☐ Artichoke (1/4 Steamed) – 4 grams
- ☐ Artichoke Hearts In Water - 2 grams per 1 heart
- ☐ Asparagus - 2.4 grams per 6 spears
- ☐ Bamboo Shoots - 1.1 grams per 1 cup
- ☐ Broccoli - 1 gram per 1/2 cup
- ☐ Brussels sprouts - 2.4 grams per ¼ cup
- ☐ Cabbage - 2 grams per ½ cup
- ☐ Cauliflower - 2 grams per 1 cup
- ☐ Chard - 1.8 grams per ½ cup
- ☐ Collard Greens - 4.2 grams per 1/2 cup
- ☐ Eggplant - 1.8 grams per ½ cup
- ☐ Hearts of Palm - .7 grams per 1 heart
- ☐ Kale - 2.4 grams per ½ cup
- ☐ Kohlrabi - 4.6 grams per ½ cup
- ☐ Leeks - 1.7 grams per ¼ cup

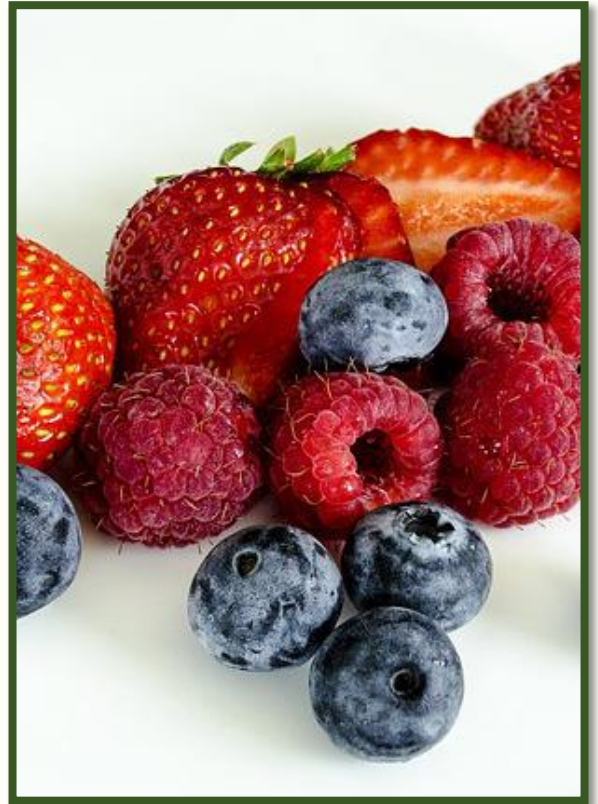


- ❑ Mushrooms – 1 gram per ½ cup
- ❑ Okra - 2.4 grams per ½ cup
- ❑ Black Olives (10 small, 5 large, or 3 jumbo olives) - 1 gram
- ❑ Onions - 2.8 grams per ¼ cup
- ❑ Pumpkin - 2.4 grams per ¼ cup
- ❑ Sauerkraut (canned and drained) - 1.2 grams per ½ cup
- ❑ Spinach - .2 grams per ½ cup
- ❑ Summer Squash - 2 grams per ½ cup
- ❑ Tomato (1 medium) - 4 grams
- ❑ Cherry Tomatoes - 4 grams per cup
- ❑ Turnips - 2.2 grams per ½ cup



FRUITS

- ❑ Limes – 2 grams per 1 ounce
- ❑ Lemons – 2 grams per 1 ounce
- ❑ Rhubarb - 1.7 grams per ½ cup
- ❑ Apricots – 5 grams per fruit
- ❑ Strawberries – 11 grams per cup
- ❑ Blackberries - 7 grams per cup
- ❑ Raspberries – 5 grams per cup
- ❑ Red Grapefruit - 9 grams per 1/2 fruit



DAIRY

- ☐ Egg White – .3 grams
- ☐ Egg Yolk - .3 grams
- ☐ Whole Egg - .6 grams
- ☐ Heavy Whipping Cream - .5 to .7 grams per tablespoon
- ☐ Half-and-Half - .5 to 1 grams per tablespoon
- ☐ Plain Full Fat Greek Yogurt - 9 grams per cup
- ☐ Full Fat Sour Cream – 1.2 grams per 2 tablespoons
- ☐ Unsweetened Almond Milk – Less than 1 gram per cup



Cheeses

- ☐ Gruyère Cheese - .1 grams per ounce
- ☐ Cheddar - .5 gram per ounce
- ☐ Fontina - .4 grams per ounce
- ☐ Havarti - .7 grams per ounce
- ☐ Parmesan - .9 grams per ounce
- ☐ Gouda - .6 grams per ounce
- ☐ Mozzarella - .6 grams per ounce
- ☐ Ricotta - .8 grams per ounce
- ☐ Blue Cheese - 1 gram per ounce
- ☐ Edam - .4 grams per ounce
- ☐ Monterey - .1 grams per ounce
- ☐ Muenster - .3 grams per ounce
- ☐ Provolone - .6 grams per ounce
- ☐ Neufchatel - .1 to .8 grams per ounce



NUTS & SEEDS

- ☐ Almonds (2 tbsp.) – 1.4 grams
- ☐ Peanuts (2 tbsp.) – 1.8 grams
- ☐ Hazelnuts (2 tbsp.) – 1.2 gram
- ☐ Macadamia Nuts (2 tbsp.) - .9 grams
- ☐ Pecans (2 tbsp. chopped) - .6 grams
- ☐ Pine Nuts (2 tbsp.) - 1.7 grams
- ☐ Pistachio Nuts (2 tbsp.) - 3.1 grams
- ☐ Walnuts (2 tbsp. halves) - .9 grams
- ☐ Pumpkin Seeds - 5 grams per ounce
- ☐ Sunflower Seeds – 4 grams per ounce
- ☐ Almond Butter - 3 grams per tablespoon
- ☐ Peanut Butter – 2.4 grams per tablespoon



ZERO CARB DRINKS

- ☐ Water

- ☐ Unsweetened Tea
- ☐ Unsweetened Coffee
- ☐ Club Soda
- ☐ Diet Soda
 - (be cautious as artificial sweeteners can affect low carb weight loss)
- ☐ Sugar Free Sparkling Water
- ☐ No-Calorie Flavored Seltzers
- ☐ Herbal Tea
 - (without added barley or fruit sugars)



ZERO CARB ALCOHOLIC BEVERAGES

- ☐ Gin
- ☐ Rum
- ☐ Vodka
- ☐ Whiskey
- ☐ Martini
- ☐ Tequila



MISCELLANEOUS

- ☐ Shirataki Noodles – 0 Carbs
- ☐ White Vinegar – 0 Carbs
- ☐ Balsamic Vinegar – 0 Carbs
- ☐ Red Wine Vinegar – 0 Carbs
- ☐ Rice Vinegar (seasoned) 3 grams per
tbsp.
- ☐ Soy Sauce - 1 gram per tablespoon
- ☐ Mustard – 0 Carbs
- ☐ Unflavored, powdered gelatin – 0
Carbs (use as a binder in recipes)
- ☐ Most Hot Sauces – 0 Carbs
- ☐ Turkey or Beef Jerky (not teriyaki flavor) - 3 grams per
ounce
- ☐ Kale Chips - 8-12 grams per ounce
- ☐ Coconut Flakes - 4 grams per ounce
- ☐ Pickles - 1 gram per pickle

