

Core Low-Carb Shopping List

Protein

Eggs	Snapper Fillets	Sliced Turkey Breast
Chicken Breast	Tuna Steaks	Turkey Sausage
Beef Steak	Shrimp with tails (<i>peeled and deveined</i>)	Turkey Bacon
Salmon Fillets		

Vegetables

Arugula	Red Onion	Scallions
Asparagus	Spinach	Lettuce (<i>Romaine</i>)
Carrots	Cherry or Grape Tomatoes	Endive
Zucchini	White Mushrooms	Snow peas
Kale	Broccoli	Green Beans
Red/Yellow/Green Bell Peppers	Cauliflower	Snap Peas
Yellow/White Onion	Mixed Frozen Vegetables	

Grains

Steel Cut Oats	Whole Wheat Bread
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Fruits

Blueberries	Strawberries	Medium Orange
Blackberries	Raspberries	

Herbs & Spices

Chili Powder	Cumin	Parsley
Bay Leaf	Paprika	Oregano
Peppercorns	Smoked Spanish Paprika	Garlic Bulbs
Ginger	Cayenne Pepper	Cinnamon
Coriander	Salt	Turmeric
Basil	Ground Black Pepper	Red Chilies

Healthy Fats

Olive Oil	Pumpkin Seeds	Avocado
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Core Low-Carb Shopping List (cont.)

Other

Red Wine Vinegar
White Wine Vinegar

Lemon Juice
Lime Juice

Teriyaki Sauce
Balsamic Vinegar

High Protein Snacks

2% Cottage cheese
0% Fat Plain Greek Yogurt Plain

Sliced Turkey Breast
Lean Shake

Eggs