

Core Low-Carb Shopping List (Higher Calorie)

Protein

Eggs	Salmon Fillets	Sliced Turkey Breast
Chicken Breast	Snapper Fillets (<i>or any white fish</i>)	Turkey Sausage
Beef Steak	Tuna Steaks	Turkey Bacon
Ground Turkey	Shrimp with tails (<i>peeled & deveined</i>)	

Vegetables

Arugula	Baby Spinach	Endive
Asparagus	Cherry or Grape Tomatoes	Snow peas
Carrots	White Mushrooms	Green Beans
Celery	Broccoli	Snap Peas
Zucchini	Cauliflower	Shiitake Mushrooms
Kale	Mixed Frozen Vegetables (<i>1 bag</i>)	Green Onions
Red/Yellow/Green Bell Peppers	Scallions	Baby Greens
Red/Yellow/White Onion	Romaine Lettuce	

Herbs & Spices

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

Healthy Fats

Olive Oil	Cheese	Macadamia Nuts
Pumpkin Seeds	Avocado	

High Protein Snacks

2% Cottage cheese	Sliced Turkey Breast	Cheese
0% Fat Plain Greek Yogurt (<i>less than 6 grams of sugar</i>)	Lean Shake	
	Eggs	

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Grains

Oatmeal
Whole Wheat Bread

Fruit

Raspberries
Blackberries

Blueberries

Strawberries

Other

Red Wine Vinegar
White Wine Vinegar
Lemon Juice

Lime Juice
Teriyaki Sauce
Balsamic Vinegar

Lemon
Tahi Peanut Sauce
Unsweetened Almond Milk