

# Life & the Low Carb - Grocery List

## Produce

- Romaine Lettuce
- Spinach
- Strawberries
- Celery
- Carrots
- Peppers
- Spaghetti Squash
- Zucchini
- Mushrooms
- Cucumbers
- Avocados
- Cantaloupe
- Watermelon
- Lemons

## Snacks/Treats

- Hummus
- Sugar Free Chocolate Chips
- Almonds
- Peanuts
- Atkins Bars
- Atkins Protein Shakes
- CarbSmart Ice Cream Bars

## Drinks

- Pure Leaf Unsweetened Tea
- Decaf Green Tea
- Coffee

## Pantry

- Low-Carb Bread
- Low-Carb Wraps
- Sugar Substitute (Stevia)
- Vegetable Oil
- Olive Oil
- Chicken Broth
- Herbs/Spices
- Mayo
- Chocolate Protein Powder
- Low-Sugar BBQ Sauce
- Peanut Butter
- PB2
- Sugar Free Syrup
- Sugar Free Pancake Mix
- Ranch Dressing
- Blue Cheese Dressing
- Low Carb Balsamic Vinaigrette
- Sunflower Seeds
- Almond Flour/M Meal
- Flax/Chia Seeds

## Meats/Protein

- Chicken
- Ground Beef
- Sausage
- BACON!
- Deli Turkey
- Deli Ham
- Deli Salami
- Pepperoni
- Eggs
- Veggie Burgers

## Dairy

- Almond Milk
- Cheese Sticks
- Shredded Cheese
- Butter
- Sugar-Free Coffee Creamer
- Whipped Cream
- Deli American Cheese
- Low-Sugar/Low-Carb Greek Yogurt
- Half & Half
- Cream Cheese

## Other

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