



Banting Diet Shopping List



Vegetables

- Spinach
- Kale
- Broccoli
- Cauliflower
- Zucchini
- Brussels sprouts
- Asparagus
- Cabbage
- Bell peppers
- Green beans

Protein

- Chicken breast
- Salmon
- Beef
- Eggs
- Turkey
- Tuna
- Lamb
- Pork
- Venison
- Sardines

Beverages

- Water
- Herbal teas
- Coffee
- Unsweetened almond milk

Healthy Fat and Oil

- Avocado
- Olive oil
- Coconut oil
- Butter
- Ghee
- Macadamia nuts
- Almonds
- Flaxseeds
- Chia seeds
- Walnuts

Fruit

- Berries (strawberries, raspberries, blueberries)
- Avocado
- Lemon
- Lime
- Coconut

Dairy Products

- Full-fat Greek yogurt
- Cottage cheese
- Heavy cream
- Cheddar cheese
- Mozzarella cheese
- Feta cheese
- Parmesan cheese
- Butter



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

