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# Low Carb Diet

## Grocery Shopping List

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### Meat

- Pork
- Chicken
- Turkey
- Bacon (in moderation)
- Sausage
- Beef (in moderation)

### Fish

- Salmon
- Shellfish

### Seeds

- Flaxseed
- Chia seeds
- Pumpkin seeds

### Nuts

- Almonds
- Walnuts
- Macadamia nuts

### Vegetables

- Avocado
- Olives
- Broccoli
- Cauliflower
- Spinach
- Kale
- Lettuce
- Zucchini
- Asparagus
- Tomatoes
- Cucumbers
- Bell peppers
- Mushrooms
- Onions
- Garlic
- Green beans
- Brussel sprouts
- Celery

### Dairy & Eggs

- Eggs
- Cheese (in moderation)
- Butter (in moderation)

### Berries

- Strawberries
- Raspberries
- Blackberries

### Sweets

- Dark chocolate
- Stevia
- Erythritol

### Flour

- Almond flour
- Coconut flour



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

