

# GROCERY LIST

LOW CARB, LOW SUGAR, HIGH PROTEIN, HIGH FAT



## PROTEINS

Boneless Chicken Breast  
Chicken Thighs  
Ground Turkey  
Ground Beef  
Bacon/Turkey Bacon  
Eggs  
Salmon  
Cod Fillets  
Shrimp  
Lobster  
Italian Sausage  
Chorizo  
Salami/Pepperoni  
Hot Dogs  
Polish Sausage  
Top Sirloin Steak  
NY Strip  
Canned Tuna  
Ham Steaks



## VEGGIES

Yellow Squash  
Zucchini  
Zucchini Noodles  
Broccoli  
Cauliflower  
Cauliflower Rice  
Cucumbers  
Red Onions  
Green Onions  
Garlic  
Bell Peppers  
Asparagus  
Cilantro



## FRUIT

Avocados  
Strawberries  
Blueberries  
Raspberries  
Blackberries  
Kiwis  
Lemons  
Limes  
Olives



## CONDIMENTS

Olive Oil / Butter  
Coconut Oil  
G. Hughes SF BBQ Sauce  
G. Hughes SF Ketchup  
Rao's Marinara  
Caesar / Ranch  
Salsa  
Olive Oil Mayo  
Mustard  
Sugar Free Syrup  
Coconut Flour  
Liquid Stevia Sweetener  
Cinnamon / Cumin  
Lemon Pepper  
Tony Chachere's Seasoning  
Oregano  
All Types of Cheese



## BEVERAGES

Water  
Propel  
Unsweetened Tea  
Water  
Soy Milk  
Pedialyte  
WATER  
Tone It Up Protein Powder



## THE GOOD STUFF

Sugar Free Jello  
Whipped Cream  
Raw Almonds/Almond Bttr  
Raw Pepitas  
Peanuts/Peanut Bttr  
Walnuts  
Brazil Nuts  
Pecans  
PB Filled Pretzels  
Skinny Pop Popcorn  
Intense Dark Chocolate  
Spinach Artichoke Dip  
Vegan HALO Top Ice Cream

