Shopping List

Build a Low-Carb Tool Chest

If you keep good food in the fridge, you will eat good food.

One Life

- ☐ Shakes
- ☐ Protein Powder
- ☐ Bars
- ☐ Chips
- ☐ Granola
- ☐ Malt Balls
- ☐ Jerky
- ☐ Salami Bites
- ☐ Pork Clouds
- ☐ Pork Panko

Dairy

- ☐ Half & Half
- ☐ Heavy cream
- ☐ Milk, unsweetened: Almond, Soy, Coconut, Hemp
- ☐ Sour Cream
- ☐ Yogurt: Carbmaster, Elli Quark, Plain Greek, Dannon

Eggs

- ☐ Eggs
- ☐ Egg Whites
- ☐ Boiled Eggs

Cheese

- ☐ Babybel
- ☐ Burrata
- ☐ Cheddar
- ☐ Cream Cheese
- ☐ Cottage Cheese
- ☐ Feta
- ☐ Goat Cheese
- ☐ Laughing Cow
- ☐ Mozzarella
- ☐ Parmesan Crisps
- ☐ Prosciutto-wrapped Mozzarella
- ☐ Ricotta
- ☐ String Cheese
- ☐ _____
- ☐ _____

Seafood Station

- ☐ Calamari Salad
- ☐ Ceviche
- ☐ Crab Salad
- ☐ Lobster Salad
- ☐ Octopus Salad
- ☐ Protein Rolls
- ☐ Sashimi
- ☐ Salmon Poke
- ☐ Shrimp Poke
- ☐ Tuna Poke

Seafood

- ☐ Clams
- ☐ Cod
- ☐ Crab
- ☐ Halibut
- ☐ Lobster
- ☐ Lox
- ☐ Oysters
- ☐ Salmon
- ☐ Scallops
- ☐ Sea Bass
- ☐ Shrimp
- ☐ Smoked Fish
- ☐ Snapper
- ☐ Swordfish
- ☐ Tilapia
- ☐ Tuna
- ☐ _____
- ☐ _____

Canned Meats

- ☐ Anchovies
- ☐ Chicken
- ☐ Crabmeat
- ☐ Salmon
- ☐ Sardines
- ☐ Tuna

Meats

- ☐ Bacon
- ☐ Beef
- ☐ Chicken
- ☐ Canadian Bacon
- ☐ Carnitas
- ☐ Ground Beef
- ☐ Ground Turkey
- ☐ Lamb
- ☐ Lunch Meats
- ☐ Ham
- ☐ Hotdogs
- ☐ Pork
- ☐ Sausages
- ☐ Shish Kebobs
- ☐ _____
- ☐ _____

Frozen Meats

- ☐ Carnitas
- ☐ Chicken Breasts
- ☐ Chicken Patties
- ☐ Grilled Chicken
- ☐ Hamburger Patties
- ☐ Meatballs

Vegetables

- ☐ Arugula
- ☐ Asparagus
- ☐ Avocados
- ☐ Bell Peppers
- ☐ Bok Choy
- ☐ Broccoli
- ☐ Cabbage
- ☐ Cauliflower
- ☐ Celery
- ☐ Collard Greens
- ☐ Cucumbers
- ☐ Green Beans
- ☐ Jicama
- ☐ Lettuce
- ☐ Mushrooms
- ☐ Okra
- ☐ Radish
- ☐ Riced Cauliflower
- ☐ Salsa Fresca
- ☐ Snap Peas
- ☐ Spinach
- ☐ String Beans
- ☐ Yellow Squash
- ☐ Zucchini Noodles
- ☐ _____
- ☐ _____

Frozen Vegetables

- ☐ Artichoke Hearts
- ☐ Asparagus
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Green Beans
- ☐ Mashed Cauliflower
- ☐ Snap Peas
- ☐ Spinach
- ☐ _____
- ☐ _____

Pickled Vegetables

- ☐ Asparagus
- ☐ Beans
- ☐ Cauliflower
- ☐ Dill Pickles
- ☐ Hearts of Palm
- ☐ Jalapeños
- ☐ Kimchi
- ☐ Mushrooms
- ☐ Okra
- ☐ Pepperoncinis

Vegetarian

- ☐ Kelp Noodles
- ☐ Seitan
- ☐ Shirataki Noodles
- ☐ Soy Chorizo
- ☐ Tofu
- ☐ Beyond Meat
- ☐ Boca
- ☐ Follow Your Heart
- ☐ Go Veggie
- ☐ Lightlife
- ☐ Morningstar Farms
- ☐ Quorn
- ☐ Tofurky
- ☐ Wildwood Foods
- ☐ Yves

Snack Aisle

- ☐ Almonds
- ☐ Cashews
- ☐ Peanuts
- ☐ Jerky
- ☐ Pork Rinds
- ☐ Pumpkin Seeds
- ☐ Sunflower Seeds
- ☐ Seaweed
- ☐ Sugar-Free Gum
- ☐ Sugar-Free Jell-O

Condiments/Sauces

- ☐ Coffee Syrup, sugar-free
- ☐ Dill Relish
- ☐ Dry Spice Rubs
- ☐ Hot Sauce
- ☐ Ketchup, sugar-free
- ☐ Marinades*
- ☐ Mayonnaise
- ☐ Mustard
- ☐ Pasta Sauce*
- ☐ Pesto
- ☐ Ponzu
- ☐ Salad Dressings
- ☐ Sauerkraut
- ☐ Soy Sauce
- ☐ Vinegars

* Choose products with less than 4g of net carbs per half cup.

Deli Counter

- ☐ Chicken Salad
- ☐ Egg Salad
- ☐ Pâté
- ☐ Rotisserie Chicken
- ☐ Tuna Salad
- ☐ _____
- ☐ _____

Deli

- ☐ Chorizo
- ☐ Ham
- ☐ Olives
- ☐ Pepperoni
- ☐ Prosciutto
- ☐ Roast Beef
- ☐ Salami
- ☐ Turkey

Hot Counter

- ☐ Grilled Chicken
- ☐ Meatloaf
- ☐ Pork Belly
- ☐ Pulled Pork
- ☐ Roast Beef
- ☐ Sausage & Sauerkraut
- ☐ Smoked Meats

Carving Station

- ☐ Ham
- ☐ Pork Tenderloin
- ☐ Prime Rib
- ☐ Roasted Turkey

Fats

- ☐ Butter
- ☐ Butter Spray
- ☐ Cooking Spray
- ☐ Lard
- ☐ Oil
- ☐ Tallow

Misc.

- ☐ Almond Flour
- ☐ Bone Broth
- ☐ Coconut Flour
- ☐ Dried Coconut, unsweetened
- ☐ Nut Butters
- ☐ PB2
- ☐ Peanut Butter
- ☐ Sugar-free Drinks
- ☐ Splenda/Stevia
- ☐ Walden Farms Products

ONE LIFE

OneLifeDiet.com