

LOWER CARBOHYDRATE SHOPPING CHEAT SHEET

Vegetables

- **Eat mostly:** Salad and leafy greens (spinach, kale, lettuce, rocket), cruciferous vegetables (broccoli, cauliflower), avocados, courgette (zucchini), mushrooms, carrots, celery, mushrooms, cucumbers, tomatoes, aubergine (eggplant), bell peppers, green beans
- **Eat in moderation:** Turnip, squash, butternut, pumpkin, peas, beetroot
- **Eat least / avoid:** Starchy vegetables (potatoes, sweet potatoes, corn)

Fruits

- **Eat mostly:** Berries (strawberries, blueberries, raspberries), olives, avocado
- **Eat in moderation:** Citrus fruits (oranges, grapefruit, mandarins), kiwi, apples, pears
- **Eat least / avoid:** High-sugar fruits (bananas, grapes, mangoes), dried fruits, fruit juice

Nuts and Seeds

- **Eat mostly:** Raw or oven-roasted almonds, walnuts, hazelnuts, pistachios, macadamias, chia seeds, flaxseeds, pumpkin seeds, sunflower seeds
- **Eat in moderation:** Peanuts, cashews
- **Eat least / avoid:** Honey-roasted nuts, nuts with added sugars

Fats and Oils

- **Eat mostly:** Extra virgin olive oil, avocado oil, grass-fed butter, ghee, macadamia oil, coconut oil
- **Eat in moderation:** Peanut oil, sesame oil,
- **Eat least / avoid:** Margarine, canola oil, sunflower oil, hydrogenated oils, palm oil, corn and soybean oils

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Protein Sources

- **Eat mostly:** Grass-fed beef, pasture-raised poultry, wild-caught fish (fresh or canned), eggs from free-range hens, tempeh, tofu, conventional beef, pork, chicken, turkey
- **Eat in moderation:** Store-bought rotisserie chicken, deli meats, smoked fish
- **Eat least / avoid:** Highly processed meats (sausages, hot dogs), most canned meats, deli meats with added sugars, fish sticks, sugar-flavoured canned fish

Dairy Products and Alternatives

- **Eat mostly:** Plain unsweetened Greek yoghurt, full-fat cheese, kefir, cottage cheese, ricotta cheese
- **Eat in moderation:** Cream, coconut cream, sour cream, unsweetened coconut milk
- **Eat least / avoid:** Highly processed (plastic) cheeses, sweetened coconut milk, sweetened dairy products

Drinks

- **Consume mostly:** Water, herbal tea, black coffee, green tea, bone / miso broth, unsweetened almond milk
- **Consume in moderation:** Diet soda, sugar-free flavoured water, kombucha, unsweetened almond milk, coconut milk, cow and plant milk
- **Avoid:** Fruit juices, sweetened beverages, energy drinks

Snacks (only if needed)

- **Allowed:** Nuts and seeds, cheese slices, veggies (i.e., celery / carrot sticks) with guacamole, sauerkraut, natural yoghurt with berries, dark chocolate (85% cocoa or higher), boiled eggs, pork rinds, dried meat / biltong
- **Avoid:** Packaged snack bars, sugary granola / cereals, pretzels, crackers, crisps, confectionary

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Condiments and Sauces

- **Eat mostly:** Homemade dressings with minimal sugar, guacamole, salsa, mayonnaise (without added sugar or seed oils), mustard, soy sauce, teriyaki sauce, fish sauce, balsamic vinegar, canned tomatoes.
- **Eat in moderation:** Store-bought dressings, hot sauce, low-sugar tomato sauce, sweet Thai chili sauce, mint sauce
- **Eat least / avoid:** Packets or jars of pasta sauces, regular ketchup, BBQ sauce, honey mustard

Sugar and alternatives

- **Allowed:** Naturally derived sweeteners: Stevia, erythritol, monk fruit sweetener, allulose, erythritol, xylitol
- **Avoid:** All sugar (white, brown), high-fructose corn syrup, honey Agave nectar, coconut sugar, maple syrup, date syrup, artificial sweeteners (aspartame (Equal); sucralose (Splenda), saccharin (Sweet'N Low)).