

Food glycemic index list pdf template pdf download pdf

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Low Carbe Diem

Low Carb Grocery List



- Meats:**
Bacon
Beef
Chicken
Ham
Jerky
Pastrami
Pepperoni
Pork
Salami
Sausage
Turkey
- Seafood:**
Shrimp
Crab
Salmon
Sardines
Scallops
Tuna

- Dairy:**
Butter
Eggs
Heavy Cream
Greek Yogurt
Sour Cream
- Milk:**
Almond, Hemp,
Rice, Soy
- Cheese:**
Cheddar
Chevre
Cottage Cheese
Cream Cheese
Farmer's
Feta
Goat
Gouda
Hot Pepper
Mozzarella
Parmesan
Ricotta

- Fruit-Veggies:**
Artichoke
Asparagus
Avocado
Berries
Bok Choy
Broccoli
Brussels Sprouts
Cucumbers
Cabbage
Cauliflower
Chard
Chipotle Peppers
Eggplant
Green Beans
Green Chiles
Hearts of Palm
Kale
Lettuce
Mushrooms
Okra
Onion
Peaches
Peas
Peppers
Pickles
Radishes
Sauerkraut
Spinach
Sprouts
Squash
Tomatoes

- Nuts-Seeds:**
Nut Butters
Almonds
Hazelnuts
Pecans
Walnuts
Macadamias
- Condiments:**
Bouillon
Capers
Cider Vinegar
Wine Vinegar
Horseradish
Hot Sauce
Lemon Juice
Lime Juice
Mayonnaise
Olives
Pesto Sauce
Salsa
Soy Sauce
- Extracts:**
Vanilla, Lemon,
Mint, Almond,
Chocolate
- Misc:**
Low Carb Pita
Pork Rinds

- Cooking:**
Broth
Cocoa Powder
Gelatin
Splenda
Whey Protein
Xanthan Gum
- Flour-Meal:**
Almond, Flax,
Coconut
- Oil:**
Coconut
Olive
Peanut
Sesame
- Spices:**
Mustard
Basil
Cilantro
Dill
Garlic
Ginger
Oregano
Parsley
Pepper, Salt



Date: _____

Weekly Meal Plan

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--------|--------|---------|-----------|----------|--------|----------|
| Breakfast | | | | | | | |
| Snack | | | | | | | |
| Lunch | | | | | | | |
| Snack | | | | | | | |
| Dinner | | | | | | | |
| Lunch | | | | | | | |
| Snack | | | | | | | |
| Dinner | | | | | | | |

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