



Low Carb Shopping List

Heather DiBiasi @lowcarb.nutrition

Hey babe!

Are you trying to lose weight but are feeling totally confused with all the information out there?

Maybe you feel like you are eating "healthy" foods but for some reason those 15 pounds aren't coming off.

Or maybe you are ready to jump into a low carb lifestyle but the thought of going to the grocery store is so stressful because you have no clue what to get.

I totally understand that, which is why I made this guide for woman just like you!

Take this list with you when you go to the grocery store to save time and make picking out low carb foods so much easier!

You got this girl!

xoxo Heather

SHOPPING LIST

STARCH/FRUIT

- potatoes
- butternut squash
- microwave rice
- quinoa
- beans/lentils
- plain oats
- high fiber crackers
- frozen wild blueberries
- high fiber wraps
- unswtnd. oatmeal
- (any fruit)
- bread
- popcorn
- bean-based pasta
- frozen waffle

VEGGIES

- leafy greens
- snap peas
- celery
- onions
- baby kale
- bell peppers
- pre-made zucchini noodles
- frozen cauliflower rice
- cucumber
- cherry tomatoes
- baby carrots
- spaghetti squash
- frozen broccoli
- kohlrabi noodles

FAT

- avocado
- extra virgin olive oil
- avocado oil
- coconut oil
- full-fat cheese
- ghee
- grass-fed butter
- olives
- nuts
- seeds
- nut or seed butter
- coconut butter
- mayo
- almond flour
- salad dressing
- pesto sauce

PROTEIN

- eggs
- chicken
- turkey
- cheese
- tuna packets
- grass-fed ground beef
- protein powder (pea, collagen, whey)
- frozen shrimp
- protein powder
- chicken sausage
- full-fat yogurt
- salmon/lox

SHOPPING LIST

MISC.

flavored seltzer

marinara sauce

olive tapenade

dark chocolate

hummus

hot sauce

salsa

eggplant dip

mayo

pepper

onion powder

sea salt

garlic

cayenne

garlic powder

unsweetened almond milk

cinnamon

roasted pepper dip

mustard

ketchup

seasoning blends

paprika

cacao powder/nibs

OTHER

Breakfast Meal Ideas

Smoothie

- 1 scoop protein powder with at least 20g protein
- 1 Tbsp. almond butter
- 1/2 banana
- handful of spinach
- 1 Tbsp. flax or chia seeds
- 2 cups of unsweetened vanilla almond milk
- optional: ice



Overnight Oats

In a jar mix together...

- 1/4 cup uncooked oats
- 1 scoop protein powder with at least 20g protein
- 2 Tbsp. chia seeds
- 1/3 cup unsweetened vanilla almond milk

Directions:

Mix all ingredients together.

Leave in the fridge for a few hours or overnight.

Top with 1 Tbsp. nut butter and 1/2 cup berries when ready to eat.



Egg Scramble

- 2 scrambled eggs, 1 slice cheese with baby kale,
- 1/4 avocado, salsa and a small apple

Yogurt Parfait

- 1 cup full fat yogurt
- 1 Tbsp. chia seeds
- 1 cup berries
- drizzle of nut butter



Lunch and Dinner Meal Ideas

Tuna Salad

1 can tuna (can also use salmon)

1-2 stalks of celery chopped

2 Tbsp. red onion chopped

1 Tbsp. avocado oil mayo

Mix together and serve with sliced

cucumbers, high fiber crackers and sliced avocado.



Salmon Sheet Pan

Pr- heat oven to 425 F.

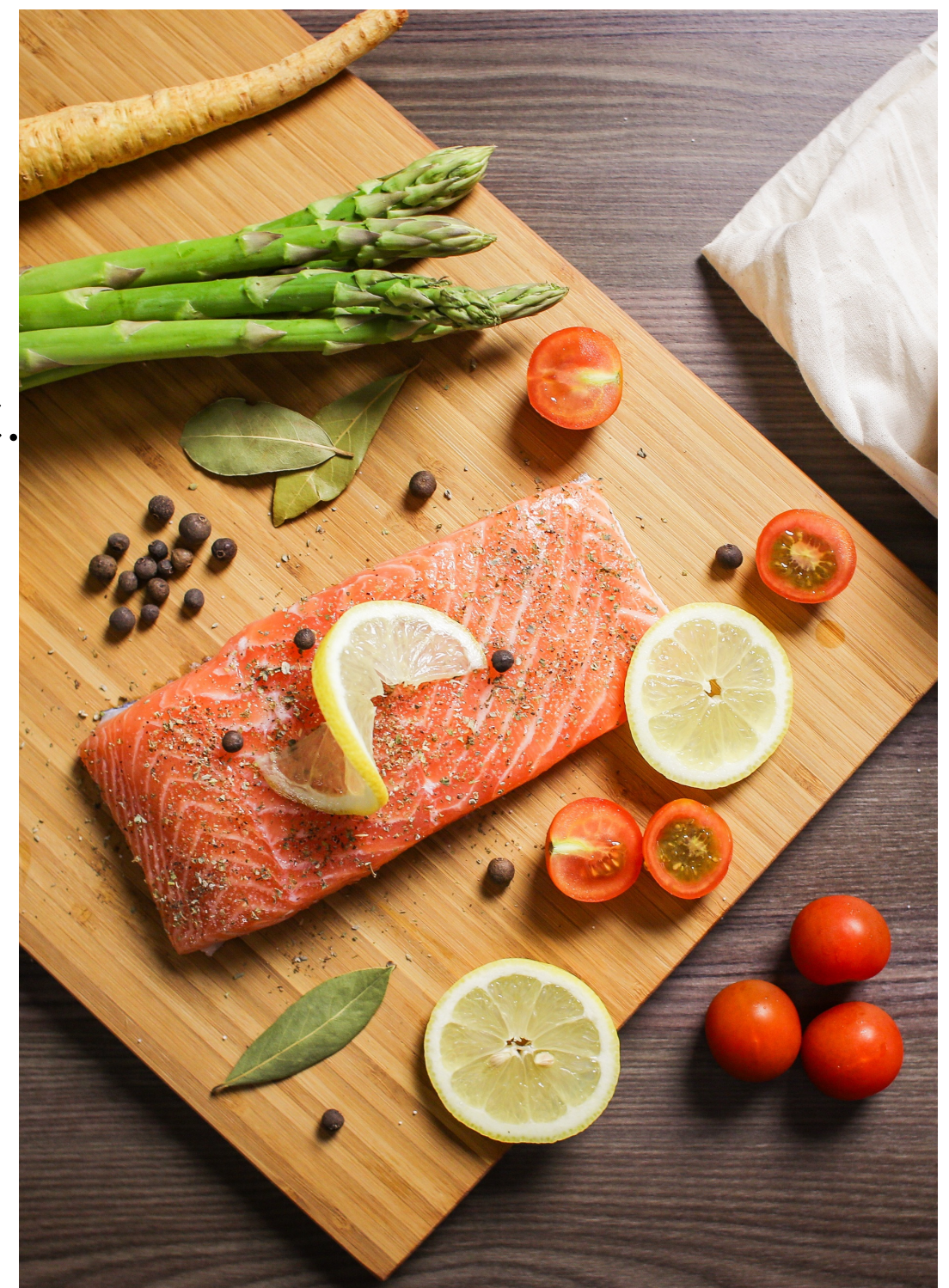
Line a baking sheet with parchment paper.

Place veggies and salmon on baking sheet.

Lightly oil veggies and salmon with avocado oil and season as desired

(s&p, paprika, dijon mustard, garlic, lemon, soy sauce, etc.)

Bake for about 15-20 minutes or until fully cooked.



Taco

Roasted chicken, shrimp, or grass-fed ground beef
shredded lettuce

1/4-1/2 avocado

tomatoes / salasa

Place on 2 taco shells or one high fiber wrap.

Pesto Shrimp and Cauliflower Rice

2 cups of cauliflower rice

1-2 Tbsp. pesto sauce

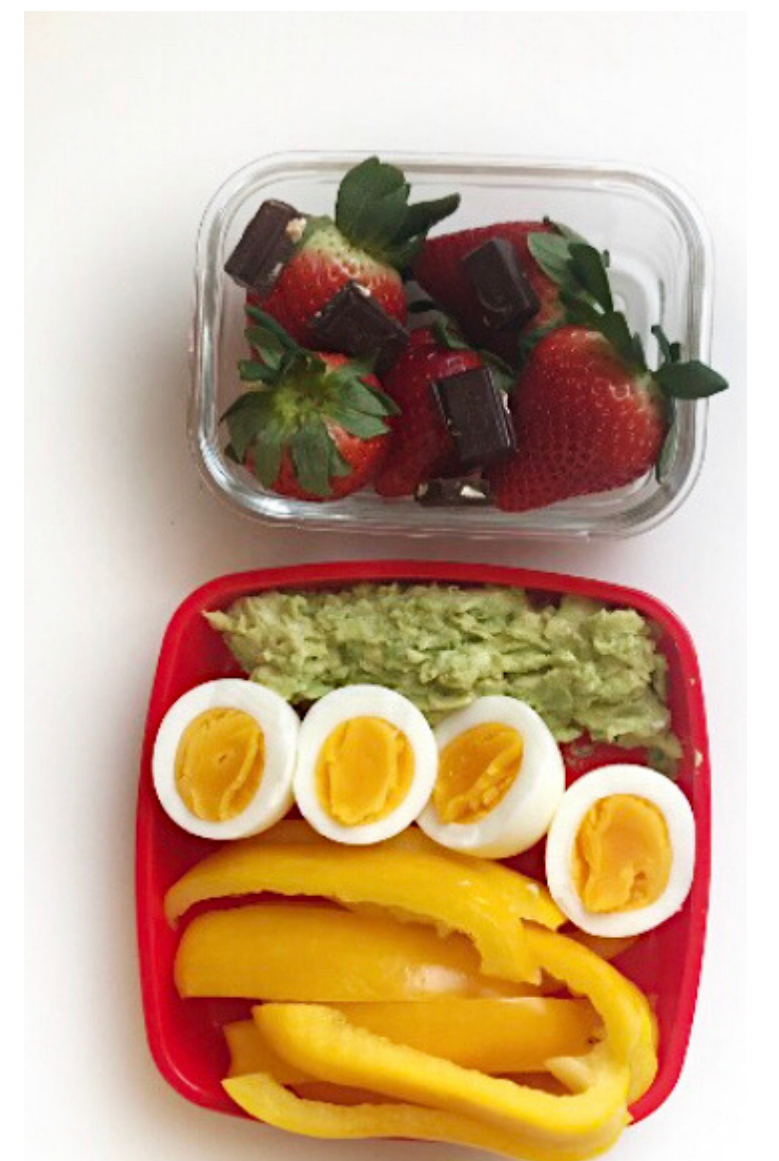
8 shrimp

One the go box

2 hard boiled eggs + 1 sliced pepper

1/4 mashed avocado

1 cup strawberries and 1 oz of dark chocolate



Hi, I'm Heather!



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@lowcarb.nutrition



I help working
babes lose 10-15
pound and feel
confident!

If you are looking for support and
accountability to lose those weight apply for my
1:1 signature coaching program

Apply for coaching here!

