

# SLOW CARB GROCERY LIST

## PROTEINS

ANCHOVIES  
BASS  
BEEF  
BONE MARROW  
CHICKEN  
CHICKEN LIVERS  
COD  
EEL  
EGGS  
GOAT  
HADDOCK  
HALIBUT  
HEARTS  
HERRING  
KIDNEY  
LAMB  
LIVER  
MACKEREL  
MAHI MAHI  
OX LIVER  
PERCH  
PORK  
RED SNAPPER  
ROCKFISH  
SALMON  
SARDINES  
SHELLFISH  
SWEETBREADS  
TILAPIA  
TONGUE  
TUNA  
TURKEY

## VEGETABLES

ARTICHOKE HEARTS  
ARUGULA  
ASPARAGUS  
AVOCADO  
BAMBOO SHOOTS  
BEET GREENS  
BELL PEPPERS  
BOK CHOY  
BROCCOLI  
BROCCOLI RABE

BRUSSELS SPROUTS  
CABBAGE  
CAULIFLOWER  
CELERY  
CHARD  
COLLARDS  
CUCUMBERS  
DAIKON  
DANDELION GREENS  
EGGPLANT  
ENDIVE  
FENNEL ROOT  
GARLIC  
GREEN BEANS  
ICEBERG LETTUCE  
KALE  
KIMCHI  
KOHLRABI  
LEEKs  
MIXED VEGETABLES  
MUSHROOMS  
MUNG BEAN SPROUTS  
MUSTARD GREENS  
NAPA CABBAGE  
NORI  
OLIVES  
ONIONS  
PEAS  
PEPPERS (ALL KINDS)  
PURSLANE  
RADISH  
RED CABBAGE  
ROMAINE LETTUCE  
SAURKRAUT  
SEAWEED (NORI)  
SPINACH  
SWISS CHARD  
TOMATOES  
TURNIP GREENS  
WATERCRESS  
ZUCCHINI

## LEGUMES

BLACK BEANS  
BLACK-EYED PEAS  
CANNELLONI BEANS

KIDNEY BEANS  
GREAT NORTHERN BEANS  
LENTILS  
NAVY BEANS  
PINTO BEANS  
RED BEANS  
CHICKPEAS

## SPICES

ALLSPICE  
ANISE  
BASIL  
BAY LEAF  
BLACK PEPPER  
CARDAMOM  
CAYENNE PEPPER  
CELERY SEED  
CHILI PEPPER  
CHILI POWDER  
CILLANTRO  
CINNAMON  
CLOVES  
CORIANDER SEEDS  
CUMIN  
CURRY-GREEN  
CURRY-RED  
CURRY-YELLOW  
DILL  
FENNEL  
FENUGREEK  
GARAM MASALA  
GARLIC  
GINGER  
HERBS DE PROVANCE  
MINT  
MUSTARD SEEDS  
NUTMEG  
OREGANO  
PAPRIKA  
PEPPERMINT  
ROSEMARY  
SAGE  
SALT  
TARRAGON  
THYME  
TURMERIC

## FATS/OILS/NUTS

AVOCADO  
CLARIFIED BUTTER  
COCONUT OIL  
GHEE  
MACADAMIA NUT OIL  
OLIVE OIL  
ALMONDS  
BRAZIL NUTS  
CASHEWS  
CHIA SEEDS  
HAZELNUTS  
HEMPSEEDS  
MACADAMIAS  
PECANS  
PINE NUTS  
PISTACHIOS  
PUMPKIN SEEDS  
SESAME SEEDS  
SUNFLOWER SEEDS  
WALNUTS

## EXTRAS

BEEF BROTH  
NUT BUTTERS  
CHICKEN BROTH  
COCONUT MILK  
FISH SAUCE  
HOT SAUCE  
HUMMUS  
LEMON JUICE  
LIME JUICE  
MUSTARD  
PESTO  
SALSA  
SOY SAUCE  
SRIRACHA  
TAMARI (WHEAT FREE)  
VINEGAR

*Sorey Fitness*  
HEALTHY BODY + BALANCED LIFE