



Trip Fitness Ultimate Low Carb Food List!

This would make a great low carb grocery list!

All Types of Fish

- Salmon
- Flounder
- Tuna
- Trout

All Types of Fowl

- Chicken
- Duck
- Turkey

All Types of Shellfish

- Clams
- Crab
- Oysters
- Shrimp
- Lobster

All Types of Meat

- Bacon (natural, uncured is best)
- Beef
- Ham
- Pork
- Venison
- Lamb

Eggs Any Way You Like Them

- Deviled
- Fried
- Hard Boiled
- Omlets
- Scrambled

Cheeses

- Blue Cheeses
- Cheddar
- Cream Cheese
- Feta
- Gouda
- Mozzarella
- Parmesan
- Swiss

Salad Vegetables

- Celery
- Cucumber
- Iceberg and Romaine Lettuce
- Mushrooms
- Peppers
- Radishes

Other Vegetables

- Asparagus
- Artichoke
- Avocados
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Green Beans
- Hearts of Palm
- Kale
- Olives
- Onion
- Sauerkraut
- Snow Peas and Snap Peas
- Squash
- Spinach
- Zucchini

Salad Dressings (2 tbs)

- Blue Cheese
- Caesar
- Oil and Vinegar
- Ranch
- Italian

Fats and Oils

- Butter
- Mayo (no sugar added)
- Olive Oil
- Vegetable Oils

Sweeteners

- Splenda
- Stevia
- Truvia

Beverages

- Club Soda (add a lime for flavor)
- Decaf or Regular Black Coffee – My favorite is Starbucks Americano! (add Heavy Cream and Splenda/Stevia if needed)
- Diet Soda
- Tea (no sugar added)
- Unflavored soy/almond milk
- Water (and lots of it!)

Keep your eye on your overall carb intake and make sure you stay under 50g of net carbohydrates per day.

What are Net Carbs? When digested, most carbohydrate turns into glucose, hence the name – digestible carbohydrate. Your body also digests some other carbs, but they refuse to turn into glucose. The good “rebels” (fiber) put out a good fight and are not digested at all.

These non-metabolized and non-digestible carbohydrates, often referred as “Net” carbs. Even though fiber is counted and included on food labels as carbohydrate, it is not absorbed, and has no impact on your blood-sugar levels.

How to calculate net carbs? Subtract the number of grams of total carbs from the number of grams of total fiber. So if a food has a total carb content of 20g but also has 10g of fiber, the net carbs would be 10g. Easy enough, right?