

## Grocery Staples to Keep Stocked

Use this list to remind you of groceries you would like to keep stocked. Highlight items you need to purchase at your next grocery visit, then check them off when you have them. Add to this list as you discover new items that you would like to keep stocked. This list is arranged to begin at the fresh produce, and then continue along the perimeter of the store to the meats, cheese and refrigerated dairy items, the frozen foods, and then the interior aisles for other various items. **This list focuses mostly on lower-carb items, plus a few of the higher-quality, whole food carbs (these items are shaded in a lighter font color).**

### PRODUCE

- Apples
- Asparagus
- Avocado
- Bell peppers
- Berries: \_\_\_\_\_
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collards
- Cucumber
- Garlic
- Eggplant
- Herbs: \_\_\_\_\_
- Kale
- Lemon
- Lettuces
- Lime
- Mushrooms
- Okra
- Onion
- Potato - sweet
- Potato - baking
- Spaghetti squash
- Spinach
- Squash/Zucchini
- Tomato
- \_\_\_\_\_

### BEEF/POULTRY/PORK/FISH

- Beef - ground
- Beef - roast
- Beef - steak
- Beef: \_\_\_\_\_
- Bison - ground
- Chicken: \_\_\_\_\_
- Chicken - whole
- Chicken sausage links
- Deli Meat
- Fish - salmon
- Fish - tuna steaks
- Fish: \_\_\_\_\_
- Pork - chops
- Pork - tenderloin
- Pork - bacon

- Pork - Canadian bacon
- Pork - sausage
- Turkey
- Turkey - bacon
- Turkey - sausage
- Turkey - pepperoni
- Venison
- \_\_\_\_\_

### DAIRY/REFRIGERATED ITEMS

- Eggs
- Cheese - Cheddar
- Cheese - Mozzarella
- Cheese - Parmesan
- Cheese - Goat or Feta
- Cheese - \_\_\_\_\_
- Cottage Cheese
- Cream Cheese
- Yogurt - Greek
- Butter
- Sour cream
- Heavy cream
- Half-n-half
- Creamer - \_\_\_\_\_
- Almond milk (unsweet)
- Coconut milk (unsweet)
- Pickles
- Kimchi

### FROZEN ITEMS

- Berries: \_\_\_\_\_
- Broccoli
- Cauliflower
- Mixed veggies/medley
- Riced broccoli
- Riced cauliflower
- Green beans
- Kale
- Spinach
- Zucchini spirals
- Chicken breasts
- Turkey sausage
- Fish: \_\_\_\_\_
- Salmon
- Shrimp
- Sprouted grain bread
- Cauliflower Thins
- \_\_\_\_\_

### PANTRY ITEMS

- Flour - Almond
- Flour - Coconut
- Monk fruit, stevia or allulose
- Cocoa powder
- Nuts - \_\_\_\_\_
- Nuts - \_\_\_\_\_
- Nut butter
- Pumpkin seeds
- Olive or avocado oil
- Coconut oil
- MCT oil
- Oil: \_\_\_\_\_
- Ghee
- Vinegar - Apple Cider
- Vinegar - Balsamic, Red Wine, White Wine
- Rice
- Beans
- Lentils
- Low-carb tortillas
- Tuna (canned/packet)
- Sardines
- Olives
- Jalapenos
- Salsa
- Hot sauce
- Marinara sauce
- Ketchup (low sugar)
- Mustard - Dijon
- Mustard - Brown
- Mustard - Yellow
- Pickles
- Mayonnaise
- Salad dressing
- Coffee
- Tea
- Cinnamon
- Italian seasoning
- Pepper
- Sea salt
- Spice: \_\_\_\_\_
- Spice: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_