



LOW-CARB
GROCERY
LIST

LORIGEURIN.COM

LOW-CARB GROCERY LIST



GRASS-FED BEEF

BROCCOLI

UNSWEETENED MILK

FISH

BERRIES

ASPARAGUS

CHICKEN

CELERY

BONE BROTH

AVOCADO OIL

TOMATOES

GREEN TEA

OLIVE OIL

NUTS

COFFEE

COCONUT OIL

CUCUMBER

STEVIA

BUTTER

CAULIFLOWER

GREEK YOGURT

EGGS

GREEN BEANS

SEEDS

AVOCADO

CHEESE

OLIVES

SPINACH

PEPPERS

ONIONS

LEMONS

MUSHROOMS

HERBS & SPICES

