# Low Carb Fruits and Vegetables Grocery List

## Vegetables

- Jalapeno peppers [0.5]
- Chili peppers [1]
- Shallots [1.4]
- Poblano peppers [1.9]
- Kelp noodles [2]
- Rhubarb [2]
- Eggplant [2.3]
- Zucchini [2.4]
- Cauliflower [3.2]
- Green beans [4.3]
- Onions [4.3]
- Brussels sprouts [4.6]
- Shirataki noodles [4.7]
- Jicama [5.1]
- Leeks [5.5]
- Celeriac [5.8]
- Pumpkins [6.9]

## Fruits & Berries

- Garlic [0.9]
- Celery [1.4]
- Cucumbers [1.6]
- Pickles [1.9]
- Radishes [2]
- Mushrooms [2.2]
- Asparagus [2.4]
- Yellow squash [2.6]
- Bell peppers [3.6]
- Okra [4.3]
- Bamboo shoots [4.6]
- Green onions [4.7]
- Snow peas [4.9]
- Artichokes [5.2]
- Spaghetti squash [5.5]
- Turnips [6.1]
- Rutabagas [8.9]

## Leafy Greens

- Avocados [1.8]
- Olives [2.2]
- Coconuts [2.5]
- Blackberries [3.1]
- Raspberries [3.3]
- Strawberries [4.3]
- Cranberries [4.6]
- Tomatoes [4.8]
- Limes [5.2]
- Currants [5.3]
- Lemons [5.4]
- Watermelon [5.5]
- Blueberries [8.9]
- Broccoli rabe [0]
- Endive [0.1]
- Sprouts [0.1]
- Beet greens [0.2]
- Watercress [0.2]
- Arugula [0.4]
- Spinach [0.4]
- Butter lettuce [0.5]
- Bibb lettuce [0.6]
- Romaine [0.6]
- Bok choy [0.8]
- Chard [0.8]
- Mustard greens [0.8]
- Iceberg lettuce [1.2]
- Cabbage [3]
- Kale [3.4]
- Collard greens [3.9]

* [X.X] Numbers in square brackets are Net Carb Values

This list is compiled by Craft-Mart.com

For interactive mobile-friendly version of this list go to craft-mart.com