

Low Carb Fruits and Vegetables Grocery List

Vegetables

- | | |
|--|---|
| <input type="checkbox"/> Jalapeno peppers [0.5] | <input type="checkbox"/> Garlic [0.9] |
| <input type="checkbox"/> Chili peppers [1] | <input type="checkbox"/> Celery [1.4] |
| <input type="checkbox"/> Shallots [1.4] | <input type="checkbox"/> Cucumbers [1.6] |
| <input type="checkbox"/> Poblano peppers [1.9] | <input type="checkbox"/> Pickles [1.9] |
| <input type="checkbox"/> Kelp noodles [2] | <input type="checkbox"/> Radishes [2] |
| <input type="checkbox"/> Rhubarb [2] | <input type="checkbox"/> Mushrooms [2.2] |
| <input type="checkbox"/> Eggplant [2.3] | <input type="checkbox"/> Asparagus [2.4] |
| <input type="checkbox"/> Zucchini [2.4] | <input type="checkbox"/> Yellow squash [2.6] |
| <input type="checkbox"/> Cauliflower [3.2] | <input type="checkbox"/> Bell peppers [3.6] |
| <input type="checkbox"/> Green beans [4.3] | <input type="checkbox"/> Okra [4.3] |
| <input type="checkbox"/> Onions [4.3] | <input type="checkbox"/> Bamboo shoots [4.6] |
| <input type="checkbox"/> Brussels sprouts [4.6] | <input type="checkbox"/> Green onions [4.7] |
| <input type="checkbox"/> Shirataki noodles [4.7] | <input type="checkbox"/> Snow peas [4.9] |
| <input type="checkbox"/> Jicama [5.1] | <input type="checkbox"/> Artichokes [5.2] |
| <input type="checkbox"/> Leeks [5.5] | <input type="checkbox"/> Spaghetti squash [5.5] |
| <input type="checkbox"/> Celeriac [5.8] | <input type="checkbox"/> Turnips [6.1] |
| <input type="checkbox"/> Pumpkins [6.9] | <input type="checkbox"/> Rutabagas [8.9] |



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

Fruits & Berries

- | | |
|--|---|
| <input type="checkbox"/> Avocados [1.8] | <input type="checkbox"/> Olives [2.2] |
| <input type="checkbox"/> Coconuts [2.5] | <input type="checkbox"/> Blackberries [3.1] |
| <input type="checkbox"/> Raspberries [3.3] | <input type="checkbox"/> Strawberries [4.3] |
| <input type="checkbox"/> Cranberries [4.6] | <input type="checkbox"/> Tomatoes [4.8] |
| <input type="checkbox"/> Limes [5.2] | <input type="checkbox"/> Currants [5.3] |
| <input type="checkbox"/> Lemons [5.4] | <input type="checkbox"/> Watermelon [5.5] |
| <input type="checkbox"/> Blueberries [8.9] | <input type="checkbox"/> Broccoli rabe [0] |

Leafy Greens

- | | |
|--|---|
| <input type="checkbox"/> Endive [0.1] | <input type="checkbox"/> Sprouts [0.1] |
| <input type="checkbox"/> Beet greens [0.2] | <input type="checkbox"/> Watercress [0.2] |
| <input type="checkbox"/> Arugula [0.4] | <input type="checkbox"/> Spinach [0.4] |
| <input type="checkbox"/> Butter lettuce [0.5] | <input type="checkbox"/> Bibb lettuce [0.6] |
| <input type="checkbox"/> Romaine [0.6] | <input type="checkbox"/> Bok choy [0.8] |
| <input type="checkbox"/> Chard [0.8] | <input type="checkbox"/> Mustard greens [0.8] |
| <input type="checkbox"/> Iceberg lettuce [1.2] | <input type="checkbox"/> Cabbage [3] |
| <input type="checkbox"/> Kale [3.4] | <input type="checkbox"/> Collard greens [3.9] |

