



Liliana Partida, CN
Holistic Health Coach

LILIANA'S LOW CARBOHYDRATE SHOPPING LIST

ORGANIC IS BEST

Spices (McCormick, Frontier, Spice Hunter)

- ___ Onion powder
- ___ Garlic powder
- ___ Black pepper
- ___ Turmeric
- ___ Paprika
- ___ Rosemary
- ___ Mexican seasoning blend
- ___ Oregano
- ___ Chili powder
- ___ Chipotle powder
- ___ Crushed red pepper flakes
- ___ Curry powder
- ___ Thyme
- ___ Ginger
- ___ Cinnamon
- ___ 21 seasonings
- ___ Cumin
- ___ Curry powder
- ___ Kelp/Dulse Flakes
- ___ Herbamar
- ___ Nutritional Yeast Flakes
- ___ Celtic salt/Himalayan, Real Salt
- _____
- _____

SHAKES (Plant or Collagen based protein)

- ___ NuMedia Total Vegan Shake
- ___ Medi-clear
- ___ Plant Fusion
- ___ Vibrant Health
- _____

- _____

OILS & VINEGARS

- _____ Extra virgin olive oil
- _____ Coconut oil extra virgin
- _____ MCT oil (liquid coconut oil)
- _____ Walnut oil
- _____ Avocado oil
- _____ Red palm fruit oil
- _____ Macadamia nut oil
- _____ Asian sesame oil
- _____ Red or white wine vinegar
- _____ Rice wine vinegar (no sugar added)
- _____ Apple cider vinegar (Braggs)
- _____ Coconut vinegar (Coconut Secret)
- _____ Balsamic Vinegar *(high sugar use sparingly or not at all)
- _____
- _____

GRAINS/BEANS / NUTS/SEEDS * (BFree products are Vegan GMO free but not organic. Seeds and bean are moderate in glucose)

- _____ Hemp seed
- _____ Chia seed
- _____ Sesame seed
- _____ Flax seed
- _____ Pumpkin
- _____ Sunflower
- _____ Almonds, pecan, macadamia, pine nuts, walnuts, cashews etc. (raw organic)
- _____ Coconut Flour*(not a grain- carb. dense)
- _____ Almond Flour *(not a grain-carb. dense)
- _____ Gluten free baking Flour*
- _____ Kale chips
- _____ Shirataki noodles
- _____ Arrowroot
- _____ BFree tortilla (Ralphs Markets)
- _____ BFree bread (Ralphs Markets)
- _____ Coconut wrap (Julian Bakery.com)
- _____ Dry sprouted lentils*(moderate protein, high fiber, moderate glucose)
- _____ Dry sprouted Beans*(moderate protein, high fiber, moderate glucose)
- _____ Black bean pasta (high protein and fiber, moderate to low in carbs. If you are sensitive to the resistant starch in beans, start with a small portion or omit if you have GI upset.)

- _____
- _____
- **JARRED & CANNED *(Beans have moderate protein, high fiber and moderate glucose. Always check total carbohydrates in any canned foods, especially tomato and marinara sauces)**
- _____ Organic tahini paste
- _____ Jarred roasted red peppers
- _____ Almond, sesame, sunflower or cashew butter
- _____ Dijon mustard
- _____ (15-oz) cans organic no salt cannellini beans*
- _____ (15-oz) cans organic no salt black beans*
- _____ (15-oz) cans organic no salt pinto beans*
- _____ (15-oz) cans organic no salt added garbanzo beans*
- _____ Lentils – I like TruRoots sprouted*
- _____ (14.5 oz) cans organic diced tomatoes
- _____ Organic low sodium chicken broth
- _____ Organic low sodium vegetable broth
- _____ Tobasco or Hot Sauce
- _____ Siracha chili sauce
- _____ Kalamata olives
- _____ (7-ounce) jars marinated artichoke hearts
- _____ Braggs liquid aminos (if not soy sensitive)
- _____ Coconut amino acids
- _____ Wheat free tamari (if not soy sensitive)
- _____ Worcestershire sauce
- _____ Salsa
- _____ Tomato sauce, marinara – no sugar added
- _____ Tomato juice
- _____
- _____

MISC

- _____ Espresso powder
- _____ Organic coffee
- _____ Green tea
- _____ Mineral, Sparkling and Alkaline water
- _____ Erythritol
- _____ Xylitol
- _____ Pure stevia
- _____ Monk fruit
- _____ Chicory
- _____ Inulin

- ___ Sunflower lecithin granules
- ___ 100% dark chocolate powder
- ___ Raw cacao nibs
- ___ Vanilla extract
- _____
- _____

FRUITS & VEGGIES *(High Glucose- eat sparingly)

- ___ Avocado
- ___ Lemons
- ___ Limes
- ___ Berries – ½ cup organic frozen for shakes*
- ___ Grapefruit* ½
- ___ Apple *½
- ___ kiwi*
- ___ Lettuces (spinach, arugula, romaine, baby, kale)
- ___ Cabbages red and white
- ___ Onions red and white*
- ___ Jicama
- ___ Turnip
- ___ Garlic
- ___ Peppers red and green*
- ___ Brussels sprouts
- ___ Mushrooms, Portabella, Crimini, Shiitake
- ___ Celery
- ___ Cucumbers
- ___ Bok Choy
- ___ Tomatoes *
- ___ Broccoli
- ___ Fresh Herbs- cilantro, parsley, dill, thyme etc.
- ___ Ginger and turmeric root
- ___ Asparagus
- ___ Spaghetti squash
- ___ Cauliflower
- ___ Zucchini and summer squash
- ___ Carrots*
- ___ String beans
- ___ Sugar snap peas*
- _____
- _____

NUT MILKS AND DAIRY (Carrageen free)

* If not sensitive

SHOPPING LIST

- ___ Unsweetened coconut, almond, hemp or cashew nut milk*
- ___ Organic Coconut thick cream
- ___ Organic Coconut classic
- ___ Organic Coconut light
- ___ Kerrygold butter*
- ___ Grass fed ghee*
- ___ Organic heavy whipping cream*
- _____
- _____

PROTEINS Organic and Grass feed is best * If not sensitive - Best to follow your blood type recommendations.

- ___ Grass fed beef
- ___ Lamb
- ___ Bison, Buffalo and other wild game
- ___ Non GMO Spouted Tofu and Tempeh (Vegetarian)
- ___ Wild seafood – salmon, halibut, shrimp, scallops, sole, sardines
- ___ Free range chicken - I like Pitman farms and Rosie's
- ___ Turkey
- ___ Turkey breast slices nitrate free
- ___ Free range eggs*
- ___ Organic pastured eggs*
- ___ Egg Whites*
- ___ Uncured nitrate free bacon/turkey is best
- _____
- _____