

Online Purchases (and maybe some grocery/specialty stores)



Low-Primal Powdery Stuff

* Coconut Flour	Buy Now	Buy Now
* Almond Meal/Flour (<i>I prefer Honeyville</i>)	Buy Now	Buy Now
* Hazelnut Meal/Flour	Buy Now	Buy Now
* Glucomannan Powder	Buy Now	Buy Now
* Arrowroot Starch/Flour	Buy Now	Buy Now
* Tapioca Flour	Buy Now	Buy Now
* Whey Protein Powder (<i>Typically vanilla</i>)	Buy Now	Buy Now
* Gelatin Powder (<i>I prefer Great Lakes</i>)	Buy Now	Buy Now
* Cocoa Powder (<i>I prefer Healthworks</i>)	Buy Now	Buy Now
* Ground Chia Seeds (<i>I grind my own</i>)	Buy Now	Buy Now
* Ground Flaxseed Meal (<i>I grind my own</i>)	Buy Now	Buy Now

Non-Low-Primal Powdery Stuff

Carbalose	Buy Now	Buy Now
Soy Flour	Buy Now	Buy Now
Oat Fiber (<i>I prefer Honeyville</i>)	Buy Now	Buy Now
Resistant Wheat Starch	Buy Now	N/A
GF Oat Flour	Buy Now	Buy Now
* Xanthan Gum	Buy Now	Buy Now
Guar Gum	Buy Now	Buy Now
Wheat Protein Isolate 5000	Buy Now	N/A
Wheat Protein Isolate 8000 (<i>I prefer LifeSource</i>)	Buy Now	Buy Now
Vital Wheat Gluten	Buy Now	Buy Now
Lupin Flour	Buy Now	N/A
Peanut Flour	Buy Now	Buy Now

Baking Mixes/Prepared Powdery Stuff

LC Foods White Bread Flour	Buy Now	Buy Now
LC Foods Pizza Flour	Buy Now	Buy Now
* LC Foods – Other Stuff (<i>They make good stuff</i>)	Buy Now	Buy Now
Carbquik	Buy Now	Buy Now
Bob's Red Mill Baking Mix	Buy Now	Buy Now
Bob's Red Mill Bread Mix	Buy Now	Buy Now
Dixie Diner Stuff (<i>I typically prefer LC Foods</i>)	Buy Now	Buy Now
Big Train Stuff (<i>I typically prefer LC Foods</i>)	Buy Now	Buy Now
Sugar-Free Jell-O	Buy Now	Buy Now
Sugar-Free Pudding	Buy Now	Buy Now



Low-Primal Sweeteners

* Swerve <i>(This is my personal favorite)</i>	Buy Now	Buy Now
* Erythritol	Buy Now	Buy Now
* Inulin	Buy Now	Buy Now
* Tagatose	Buy Now	Buy Now
* Yacon Syrup <i>(For making brown sugar)</i>	N/A	Buy Now
Lakanto	Buy Now	Buy Now
Zsweet	Buy Now	Buy Now
Xylitol Honey	Buy Now	Buy Now
XyloSweet	Buy Now	Buy Now
Stevia Products <i>(I prefer Sweetleaf Brand)</i>	Buy Now	Buy Now

Non-Low-Primal Sweeteners

* Liquid Sucralose	Buy Now	Buy Now
* Sugar-Free Syrups – Monin	Buy Now	Buy Now
* Sugar-Free Syrups – DaVinci	Buy Now	Buy Now
* Sugar-Free Syrups – Torani	Buy Now	Buy Now
* Vegetable Glycerine	Buy Now	Buy Now
Nectresse	Buy Now	Buy Now
Splenda	Buy Now	Buy Now
PolyD Fiber	Buy Now	Buy Now

Fats/Oils

* Lard <i>(I typically use bacon fat, though)</i>	N/A	Buy Now
* Olive Oil <i>(I prefer California Olive Ranch)</i>	Buy Now	Buy Now
* Coconut Oil	Buy Now	Buy Now
* Butter	N/A	Buy Now
Red Palm Oil	Buy Now	Buy Now
Ghee	Buy Now	Buy Now

Condiments

* Reduced Sugar Ketchup	Buy Now	Buy Now
* Jam/Jellies – Nature’s Hollow	Buy Now	Buy Now
* Jam/Jellies – LC Foods	Buy Now	Buy Now
* Jam/Jellies – Polaner	Buy Now	Buy Now
* Maple Syrup – Nature’s Hollow	Buy Now	Buy Now
* Maple Syrup – Walden Farms	Buy Now	Buy Now
* BBQ Sauce <i>(I prefer Guy’s)</i>	Buy Now	Buy Now
* Tomato Sauce	Buy Now	Buy Now
* Gringo Salsa	Buy Now	Buy Now
* Almond Butter	Buy Now	Buy Now
* Peanut Butter	Buy Now	Buy Now
* Mustard	N/A	Buy Now

Condiments (Continued ...)

Frank's Hot Sauce	Buy Now	Buy Now
Coconut Aminos	Buy Now	Buy Now

Prepared Products

* Choco-Perfection Bars	Buy Now	Buy Now
* Quest Bars	Buy Now	Buy Now
* Ice Chips	Buy Now	Buy Now
Low-Carb Tortillas	Buy Now	Buy Now
Healthsmart ChocoRite Bars	Buy Now	Buy Now
Pita Breads	Buy Now	Buy Now

Canned Stuff

* Coconut Milk	Buy Now	Buy Now
* Pumpkin	Buy Now	Buy Now
* Black Soy Beans	Buy Now	Buy Now
* Zevia Soda	Buy Now	Buy Now

Other Stuff

* Cacao Nibs	Buy Now	Buy Now
* Shirataki Noodles	Buy Now	Buy Now
* Miracle Rice	Buy Now	Buy Now
* Chia Seeds	Buy Now	Buy Now
* Apple Cider Vinegar	Buy Now	Buy Now
* LorAnn Flavorings	Buy Now	Buy Now
* Almond Milk, unsweetened	Buy Now	Buy Now
Cacao Butter (<i>I prefer Kakosi</i>)	Buy Now	Buy Now
Chocolate Chips	Buy Now	Buy Now
Kelp Noodles	Buy Now	Buy Now

Note: This shopping list contains affiliate links. If you click these links and make a purchase, I make a percentage of the sale. This helps to keep my website and recipes freely available. That said ... This list would be identical without the affiliate links. These are products I personally use, have used and/or endorse.

** Products with an asterisk are products I currently use. Those without an asterisk are products I likely used early on in my own personal weight loss, but have cut them from my own habits for a variety of reasons, from stalls to philosophical changes to ... simply changing my habits to a point where it's no longer a useful ingredient or product to me. Everything on this list has value to someone.*

Grocery Store Shopping List

Fruits, Vegetables & Legumes			
0-2 net carbs per 100g	2-4 net carbs per 100g	4-6 net carbs per 100g	6-8 net carbs per 100g
Alfalfa Sprouts = 0 Broccoli Raab/Rapini = 0 Mushrooms = 1 Asparagus = 1.49 Radish = 1.72 Celery = 1.82 Greens: Endive = .19 Watercress = 1 Boston/Butter = 1.23 Romaine = 1.28 Mesclun/Mixed = 1.29 Spinach = 1.47 Iceberg = 1.99 Arugula = 2 Chard = 2 Collard = 2 Mache = 2 Mustard = 2	Avocado = 2.17 Zucchini = 2.17 Eggplant = 2.37 Tomatoes = 2.74 Cauliflower = 2.86 Cucumber = 2.99 Peppers = 3.05 Cabbage = 3.29 Green Beans = 3.64 Jicama = 3.92 Broccoli = 3.95 Okra = 4 Tomatillos = 4	Fennel = 4.27 Blackberries = 4.86 Artichokes = 4.94 Turnips = 4.92 Brussels Sprouts = 5 Raspberries = 5.45 Strawberries = 5.6 Casaba Melon = 5.67 Rutabagas = 5.7 Celery Root = 5.77	Pumpkin = 6.03 Carrots = 6.25 Beets = 6.62 Spaghetti Squash = 6.93 Watermelon = 7.15 Cranberries = 7.27 Onions = 7.5 Papaya = 7.89 Cantaloupe = 7.99 Kale = 8
The Naughty List ... Over 8 net carbs per 100g			
Honeydew = 8.28 Peaches = 9 Peas = 9 Oranges = 10 Plums = 10 Apple = 12	Blueberries = 12 Leeks = 12 Pears = 12 Pineapple = 12 Parsnips = 13 Cherries = 14	Fava Beans = 14 Potatoes, Red = 14 Kidney Beans = 16 Navy Beans = 16 Corn, Sweet Yellow = 16 Grapes = 16	Potatoes, Russet = 17 Sweet Potatoes = 17 Pinto Beans = 18 Bananas = 20 Garbanzo Beans = 20
Dairy (Net carb counts based on 100g)			
Butter = 0 Brie = .42 Goats Cheese = 1 Cheddar Cheese = 1.23 American Cheese = 2 Mozzarella Cheese, Whole Milk, Low Moisture = 2	Blue Cheese = 2.22 Provolone = 2.35 Ricotta = 2.84 Heavy Cream = 2.94 Sour Cream = 3.48	Parmesan = 3.52 Cottage Cheese = 3.56 Cream Cheese = 3.88 Feta Cheese = 4 Half and Half = 4.13	Plain Yogurt = 4.49 Skim Milk = 4.87 Milk = 5.33 Swiss Cheese = 5.33

Herbs & Spices (*Net carb counts based on 1tsp or 5ml*)

Basil, chopped = .01	Sage, ground = .14	Vanilla Extract = .5	Garlic, fresh, chopped = .93 (<i>about 1 carb per clove</i>)
Chives, chopped = .01	Parsley, dried = .15	Cloves, ground = .54	Allspice, ground = 1
Cilantro, chopped = .01	Caraway Seed = .24	Cinnamon, ground = .56	Pumpkin Pie Spice = 1.08
Oregano, chopped = .01	Fennel Seed = .24	Nutmeg, ground = .56	Poultry Seasoning = 1.1
Green Onions = .04	Coriander, ground = .26	Cayenne Pepper = .6	Ginger, ground = 1.16
Parsley = .04	Thyme, ground = .27	Mace, ground = .6	Onion Powder = 1.5
Dill Weed, fresh = .05	Basil, dried = .28	Cumin Seed = .66	Garlic Powder = 1.89
Rosemary, fresh = .05	Ginger, fresh = .32	Black Pepper = .76	
Sage, fresh = .1	Paprika = .38	Cardamom, ground = .8	
Tarragon, fresh = .1	Oregano, dried = .42	Tarragon, ground = .86	
Thyme, fresh = .1	Curry Powder = .5	White Pepper = .86	

Nuts & Seeds (*Net Carbs based on 100g ... about ¼ cup of almonds, for example*)

Flax Seeds = .44	Coconut, raw = 1.68	Peanuts = 2.24	Sesame Seeds = 3.08
Pecans = 1.12	Hazelnuts = 1.96	Pine Nuts = 2.24	Sunflower Seeds = 3.08
Brazil Nuts = 1.38	Walnuts = 1.96	Poppy Seeds = 2.24	Pistachios = 5.04
Macadamia Nuts = 1.4	Coconut, dried, unsweetened = 2.24	Pumpkin Seeds = 2.52	Cashews = 8.4
Chia Seeds = 1.68		Almonds = 2.8	Chestnuts = 12.32

Good Fats and Oils (*All fats are zero carb. Smoke points are listed, low to high*)

Flaxseed Oil: 225 F (107 C)	Cocoa Butter: 400 F (204 C)
Butter, whole: 250 to 300 F (121 to 149 C)	Almond Oil: 420 F (216 C)
Sesame Oil, unrefined: 350 F (177 C)	Hazelnut Oil: 431 F (221 C)
Coconut Oil, unrefined: 352 F (177 C)	Palm Oil: 455 F (235 C)
Lard: 370 F (188 C)	Coconut Oil, refined: 450 F (232 C)
Tallow: 370 F (188 C)	Sesame Oil, semirefined: 450 F (232 C)
Olive Oil, extra virgin: 375 F (191 C)	Olive Oil, extra light: 468 F (242 C)
Olive Oil, virgin: 391 F (199 C)	Butter, clarified (<i>ghee</i>): 485 F (252 C)

Bad Fats ... Avoid these unhealthy fats

Margarine	Soybean Oil
Vegetable Shortening	Cottonseed Oil
Corn Oil	Vegetable Oil

Meats and Seafood

There's really no reason to have a list for this kind of thing. Most any and all muscle meats, in any amounts are fine and zero carb

- Beef
- Salmon
- Chicken
- Turkey
- Trout
- Pork
- Duck
- Etc.

However, be aware that eggs, some organ meats and some seafood have small amounts of carbohydrates. You can still eat substantial portions of these ingredients, but ... you will need to count those carbs towards your daily limit.

Some examples:

- Eggs = About half a carb, each.
- Shrimp = About 4 carbs per lb. (so about 1 carb per 4 large shrimp)
- Oysters = About 2.5 carbs ... each!
- Beef Liver = About 1 gram per oz (16 grams per lb.!)

Also, some other meaty things to watch out for ...

Bacon, ham, sausages, salami, deli meats, etc. You'll need to read the package for these products. Again, you may eat substantial portions of these items, but you'll need to shop around and find a product that suits your way of eating. This category of meat product often has sugars in their brines, marinades and cures, as well as carby and wonky fillers and preservatives in some of the sausages and highly processed lunch meats. Talk to your butcher. These things all vary from product to product.