

1,200-Calorie, Low-Carb Diet Meal Plan: Shopping List

Produce

- Apple, Braeburn – 1
- Artichoke – 1
- Asparagus – 1 bunch
- Avocado – 1
- Bell pepper, green – 1
- Bell pepper, red – 1
- Blueberries, fresh – 1 pint
- Cabbage, green – 1 head
- Cauliflower – 1 head
- Celery – 1 bunch
- Garlic – 1 bulb
- Ginger root, fresh – 1 knob
- Jicama – 1
- Kale – 1 bunch
- Lettuce, iceberg – 1 head
- Lettuce, Romaine – 2 heads
- Mushrooms – 8 ounces
- Scallions – 1 bunch
- Shallot – 1 small
- Spinach, baby – 2 (9 ounce) packages
- Tomato, medium – 2
- Sprouts, spicy – 1 package (need 2 ounces)

Canned Goods

- Coconut milk, light – 1 (14 ounce) can
- Coconut milk, full-fat – 1 (14 ounce) can
- Hummus, prepared – 1 container (need 2 tablespoons)
- Peanut butter – 1 jar (need 1 tablespoon)
- Pickles, dill – 1 jar (need 1 pickle)
- Salsa – 1 (6 ounce) jar
- Tuna, water packed – 1 (3 ounce) can

Condiments, Flavorings, and Spices

- Maple syrup – 1 bottle (need ½ cup)
- Mustard, Dijon – 1 container (need 2 tablespoons)
- Mustard, powdered – 1 container (need one tablespoon)
- Peppercorns, black – 1 package (need 1 tablespoon)

- Red pepper flakes – container (need a pinch)
- Salt – one container
- Sriracha – 1 container (need 1 teaspoon)
- Stevia – 1 box

Oils and Vinegar

- Oil, olive – 1 bottle (need 1 tablespoon)
- Vinegar, apple cider – 1 bottle (need 2 cups)
- Vinegar, balsamic – 1 bottle (need 2 tablespoons)
- Vinegar, red wine – 1 bottle (need 4 ounces)

Dry Goods

- Almonds – 1 package (need 14)
- Bread, sprouted grain (such as Ezekiel 4:9 bread) – 1 loaf
- Chia seeds – 1 package (need 2 tablespoons)
- Pumpkin seeds – 1 package (need 2 tablespoons)
- Sunflower seeds – 1 package (need ½ ounce)
- Tortilla, low-carb – 1 package (need 1 tortilla)
- Walnuts, halved – 8 ounces

Dairy

- Cheese, cheddar – 3 ounces
- Cheese, Neufchatel – 1 block (need 1 ounce)
- Cheese, string – 1
- Cheese, Swiss – 2.5 ounces
- Eggs – One dozen (need five eggs plus four whites)
- Yogurt, nonfat plain – 8 ounces (need ¾ cup)

Meat

- Beef, ground (95 percent lean) – 3 ounces
- Canadian bacon, pre-cooked – 4 ounces
- Chicken breast, boneless skinless – 9 ounces
- Pork, tenderloin – 4 ounces
- Salmon, wild fillet – 6 ounces
- Shrimp, medium – 3 ounces
- Turkey sausage – 4 ounces
- Turkey, deli – 3 ounces
- Turkey, bacon – 7 slices

Frozen

- Blackberries, frozen – 1 package (need ½ cup)