

The low-carb shopping list

Meat (all allowed!)

- Beef (roast, hack, entrecôte, Steak etc.)
- Pork (fillet, ham, Chop etc.)
- Lamb
- Poultry meat: Turkey & Chicken (Chopped, Chest Thighs etc.)
- Sausages (bratwurst, Bockwurst etc.)

Eggs

- All eggs (chicken, duck, Quail etc.)

Fish (all allowed!)

- Eel Smoker-t/gart
- Perch
- Herring
- Trout Smoked
- Mackerel
- Shrimp
- Salmon Smoker-t/gart
- Crustaceans
- Walleye

Dairy products (all allowed!)

- Quark (Mager, Half-fat)
- Yogurt (natural, Half-fat, lean)
- Butter
- Milk (Rice milk, Goat Sheep's milk, Soy milk Almond milk)
- Creme Fraîche
- Cheese (Emmental Gouda Cheese Camembert Mozzarella etc.)

Vegetables (all allowed!)

- Green Vegetables (Zucchini, Spinach Fennel Broccoli Cucumber etc.)
- All Salad varieties
- Rettich- And Cabbage varieties
- Peppers, aubergine, Asparagus Tomato
- Garlic Bear garlic, Onion

Fruit

- Peaches Apricots Nectarines
- Avocados
- Oranges Clementines Grapefruits

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- Berries (strawberries, blackberries, blueberries, Raspberries etc.)
- Honigpomelo (Sweetie)
- Sour cherry
- Kiwi
- Lemons Limonene
- Papaya Passion
- Quinces Plums
- Watermelons

Healthy carbohydrate sources

- Quinoa Purpleheart
- Couscous
- Potatoes Yams
- Oatmeal
- Legumes (peas, beans, Lenses etc.)

Snacks and snacks

- Various nut mixes and seeds (e.g. walnuts, cashews, sunflower seeds etc.)
- Vegetable sticks (celery, peppers, Cucumber etc.)
- Sour Cucumbers
- Natural yoghurt or curd with Fruit (see above)
- Hard-boiled Eggs
- Self Made Protein shakes
- Little hack Or Tuna balls
- Cheese cubes
- Cooked ham Or Dried meat

Special low-carb foods

- Shirataki Noodles
- Protein bread
- Nut flour (hazelnut, almond, Coconut flour etc.)
- Sugar substitutes (Xylitol, Erythrit)