

**BONUS
DOWNLOAD**

LOW CARB GROCERY *CHECKLIST*

**Simplify Your Grocery List
and Boost Your Health**

WITH WENDY NICHOLSON



Low Carb Grocery list

Tips and strategies...

The following is a list of grocery food categories. I bought these while I was losing the weight and still eat these to maintain my weight loss.

These are recommended by many functional medicine doctors and new scientific research is showing that eating this way reduces inflammation as well.

NOTE: I personally am an Omnivore so this list is what worked for me (but may not work for everyone).

EXAMPLES

- Meats
- Fish
- Vegetables
- Leafy greens
- Fruit
- Nuts, seeds, chia seeds
- Eggs
- Full-fat dairy, cheese
- Butter and ghee
- Bone broth
- Olive oil
- Coconut oil

IMPORTANT Disclaimer: If you have an allergy or food sensitivity to any of these foods, please avoid them. This is for educational purposes. Please do your own research to find the right diet that works for you and your situation.

KEEP Going and you will reach your goals!
I'm cheering you on...

Wendy

- Print off the following page and write down all the things you want to buy at the grocery store that are mostly 1-ingredient foods (and not highly processed foods).



To print in colour, select page 3



To print in grayscale, select page 4

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