

Shopping list

Vegetables

(carb content in ascending order)

Alfalfa sprouts,
Baby spinach
Dark leafy greens
Cress, pea and
sunflower shoots
Dill
Lettuce, all kinds
Basil
Celery
Parsley, nettle
Cucumber
Chard
Chive
Fennel
Broccoli
Brussels sprouts
Radishes
Pumpkin
Asparagus
Cauliflower
Chinese cabbage
Leek
Pepper, green
Squash,
Zucchini
Aubergine
Tomato
Red cabbage
Kale
Cabbage
Kohlrabi
Turnip
Pepper, average
Pepper, red
Swede
Celeriac
Onions
Pepper, yellow
Artichoke
Carrot
Peas
Salsify
Parsnip
Ginger, fresh
Garlic
Beetroot
Green chili

Artichoke

Fruits and berries

(carb content in ascending order)

Lemon, lime
Cranberry
Raspberries,
Gooseberry
Wild blueberries
Currant, lingonberry
Blackberry,
Strawberry

Meat

Mince from a variety of animals

Pork: fillet, chops, roast, ham

Lamb: roast, rack of lamb, lamb bits

Beef: entrecote, steak, fillet, prime
rib, stew beef, roast beef,

Game meat: venison, moose/elk,
deer, reindeer, hare

Organ meats: liver, kidney, heart,

Chicken, turkey, guinea fowl, grouse,
capercaillie, duck, black grouse,
pheasant, dove, goose

**Sausages, charcuteries, meatballs -
maximum 5 g carbs/100 g**

Fish and seafood

Fresh/frozen salmon, herring,
fresh/smoked mackerel, cod,
haddock, hoki, pike-perch, perch,
plaice, prawns, crab, lobster,
clams, octopus, devilfish, mackerel
in tomato sauce. Fresh/canned
tuna

Eggs - fresh

Dairy from goat/sheep

Cheese like Peccorino, Manchego,
Feta, Brie
Butter
Full fat natural yogur (17%fat)
Whipping cream (without
additives)
Hard cheese,
Ghee

Dairy substitutes

Coconut cream, coconut milk,

Dairy free fat sources

Cold pressed olive oil

Cold pressed avocado oil
Cold pressed coconut oil, w/wo
coconut flavour
Olives
Avocado

Legumes (rarely only small amounts)

Chickpeas, kidney beans, borlotti
beans, black and fava beans,
white/brown beans, mung beans,
Red/green lentils

Pantry goods/flavourings

SeaSalt, herb salts
Fresh/dried herbs
Spices without additives/flour
Curry, ginger, turmeric
Lemon juice, Lime juice
Tomato paste (unsweetened)
Miso, tamari
Mustard (unsweetened)
Horseradish, wasabi

Canned vegetables

Tomatoes: whole, crushed, sauce
(unsweetened)
Cornichons, pickles (unsweetened)
Bambuu shoots, water chestnut

(Lacto-)fermented vegetables

Sauerkraut, fermented mixed
vegetables, fermented cucumbers,
fermented beetroot

Beverages

Coffee (w/wo coffeine)
Tea – black, red, white
Herb tea, fruit tea
Carbonated water, unflavoured or
lemon flavoured
Water w pieces of lemon, cucumber
or berries