

# A Simple Low Carb Life

*Low Carb Pantry Overhaul*

## **MODULE 6-Video 1**

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# The Low Carb Pantry

**It is very important to have a variety of low carb ingredients in your home so you can cook or bake delicious low carb foods.**

*It is just as important to rid your home of unhealthy, high carb, highly processed foods that you may be tempted to eat, or that your family will want to continue to eat.*

## ***What should I have available in my low carb pantry?***

- The key to success in the low carb kitchen is knowing how to substitute low carb ingredients for the common high carb ingredients.
- Once you understand the basics of how these substitute ingredients work, you can alter just about any recipe to make a low carb alternative.

- Let's begin to build your low carb pantry by **ridding your home of the high carb items** that you need to avoid.
- This will make plenty of room in your pantry for your **new low carb items**.

***What can I do with  
the high carb ingredients  
in my home?***

I hate to just throw them out.

You can throw them out if already opened, donate them to interested friends or family, or donate unopened items to your local food bank and/or homeless shelter.

Eating even one day's worth of high carb foods will further delay your plan for good health.

*Those few dollars of high carb groceries are not worth the cost to your overall health.*

# *Why can't I keep them in my home?*

*It depends.*

- If you have family members in your home that are not quite on board with eating low carb foods, you may need to occasionally cook separate higher carb meals or foods for them.
- If everyone in the home is willing to eat low carb foods along with you, **then get those high carb ingredients out of your house!**

*Better to make a special trip to the grocery store to buy high carb ingredients as needed for family or friends, than to keep them on hand for regular use.*

***What are the high carb ingredients that  
I need to get rid of?***

- Conventional flour (white, whole wheat, spelt, kamut, rye, etc)
- Cornmeal
- Cornstarch
- Any form of high carb pasta
- Oatmeal
- Cream of Wheat or Cream of Rice
- Any commercial cereals
- Quinoa
- Potatoes of any kind (white, sweet potatoes, yams)
- Yucca
- Wheat Bread
- Bagels
- Tortillas



- Pita bread or flat-bread
- Wheat germ
- Oat bran
- Noodles (except Shirataki noodles that you will learn about)
- Rice (white, brown, wild, or any other type)
- Risotto
- Couscous
- Tapioca
- Chips, pretzels, rice cakes, Cheetos, etc.
- Crackers
- Beets
- Peas

- Breading or bread crumbs (made of gluten containing flours)
- Cow's milk of any percent (although half and half and whipped cream are ok to use due to ultra low carb counts).
- Sugar in any form (brown, white, confectioner's)
- Honey
- Agave
- Dates, date sugars, coconut sugar
- Beans and legumes (\*can be used in small amounts once in awhile)
- Breaded meats (chicken fried steak, chicken nuggets, etc)

*This is not an all inclusive list but these are the majority of items found in most households that are high in carbs.*

***What are low carb items that  
I CAN have in my home?***

## **Meats:**

Bacon, turkey bacon, sausage, turkey sausage, beef, chicken, ham, jerky without teriyaki or sugary marinade, pastrami, salami, pepperoni whether pork or turkey, lamb, goat, venison, ostrich, buffalo, rabbit, or other meats.

## Seafood:

Shrimp, crab, salmon, sardines, herring, scallops  
tuna, other fresh or marine fish or shellfish.

## Dairy:

Butter, eggs, half and half, whipping cream, heavy  
cream, unsweetened plain Greek yogurt, Danon  
light and fit 2x protein yogurt- read labels carefully  
for carb amount which is <10 gm carbs, *Kroger*  
*brand Carb Master yogurt*- read label carefully,  
sour cream.

## **Milk alternatives:**

Unsweetened almond milk, unsweetened hemp milk, unsweetened coconut milk, unsweetened soy milk, Blue Diamond unsweetened vanilla almond milk-the only flavored, unsweetened almond milk with <2 carbs per cup.

## **Cheeses:**

Cheddar, chevre, goat, cottage cheese (whole or 2%), cream cheese, neufchatel cheese, farmers, feta, gouda, pepper jack, mozzarella, parmesan, ricotta, mascarpone, blue cheese, gorgonzola, and others)

## **Veggies and very limited Fruits:**

Artichoke, asparagus, avocado, **berries (marion, blueberry, strawberry, raspberry, blackberry)**, lemon or lime wedges, bok choy, broccoli, cucumbers, cabbage, cauliflower, chard of any kind, chipotle peppers, pasillo peppers, serrano peppers, jalepeno peppers, anaheim peppers, bell peppers, eggplant, **green beans**, hearts of palm, kale, lettuce of any kind, celery, mushrooms, okra, onion, shallot, dill pickles, radishes (daikon or conventional), **rutabaga**, chayote squash(apple substitute), jicama (another apple substitute), spaghetti squash, zucchini squash, yellow squash, Kabocha squash, turnip, sauerkraut, spinach, sprouts, **tomatoes**, among others.

**Nuts and seeds:** (<1/4 cup per day during weight loss)

Nut butters (almond, cashew, hazelnut, peanut, sunflower), almonds, hazelnuts, peanuts, soy nuts, edamame, pecans, walnuts, macadamia, flaxseeds, chia seeds, sesame seeds, hemp seeds, flaxseed meal, etc.

**REMEMBER:** *Although nuts contain healthy fats, they are notorious for being a “trigger food” for many people, who cannot limit them to <1/4 cup/day. If they “trigger” you to eat more than the limit/day OR if your weight loss is stalled, stop eating them during weight loss.*



## Condiments:

Bouillon any flavor, capers, white vinegar, cider vinegar, unseasoned rice vinegar, horseradish, hot sauce, tabasco, unsweetened lime juice, unsweetened lemon juice, mayonnaise, olives, pesto sauce, salsa (not containing fruit), soy sauce, Worcestershire sauce, *Bragg's* amino acids, *Walden Farms* salad dressing of any type, *Walden Farms* sauces of any kind, salad dressings (if net carbs are <2 grams per 2 Tablespoon serving).

# Congratulations!

*You have just completed*

## MODULE 6-Video 1

In **Video 2** you will learn more about how to stock your low carb pantry.

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