

# A Simple Low Carb Life

*Low Carb Pantry Overhaul*

## **MODULE 6-Video 2**

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Let's look at more ways to create  
variety in your low carb pantry.....



## **Snacks:**

Seapoint Farms roasted edamame, roasted seaweed, pork rinds, roasted nuts (in limited amounts per day), hummus (one serving per day of <2 Tablespoons), Laughing cow cheese wedges, Babybel cheese, Cruncha-Ma-Me roasted edamame snacks, among others. **READ THE LABELS.**



# **Cooking, Baking, and Alternate Sweeteners:**

Boullion, unsweetened cocoa powder, unflavored, unsweetened or sugar free gelatin, xylitol, erythritol, stevia, xanthan gum or guar gum, whey/hemp/egg white/soy protein powders (any flavor), hemp powder or green pea powder (if vegan or whey or soy intolerant).



## **Flours and Meal Substitutes:**

Almond meal, flaxseeds, flaxseed meal (golden or brown), dehydrated/unsweetened shredded coconut, coconut flour, peanut flour, PB2, hazelnut meal/flour, cashew meal, hemp seed hearts or hemp powder, commercial low carb baking mix, etc.



## **Oils and Fats for Cooking:**

Coconut oil, avocado oil, olive oil, peanut oil, canola oil, sesame oil, ghee, clarified butter, butter, lard, bacon fat, truffle oils.



# Spices:

*This is the KEY to keeping variety in your kitchen.*

Mustard, sugar-free ketchup, basil, oregano, cilantro, dill, garlic, onion powder, oregano, parsley, rosemary, thyme, sea salt of various flavors, pepper of any flavor-black, cayenne; creole seasoning, powdered Indian seasonings, powdered Thai seasoning, packaged Thai chili pastes in red, green, yellow, and Massamann curry flavors. *Mae Ploy brand is very low carb.*

**READ THE LABELS to make sure that it is really low carb.**



## More spices:

Cinnamon, clove, nutmeg, pumpkin spice, cardamon, ginger, Italian seasoning, Adobo seasoning, truffle sea salts, powdered stevia from Trader Joe's, non-sugar sweeteners(stevia, xylitol, erythritol); un-sweetened coconut cream, dehydrated/unsweetened/shredded coconut, and many more!

Any low carb spices or sauces that you might like are fine for use in the low carb pantry. *Make sure to read the nutritional labels to avoid adding sneaky carbs from the sauces or spices to your food!*



- **Carbonated or non-carbonated drinks, sweetened with stevia or splenda (sucralose)** - for example ICE, Cascade ICE, SPREE and others.
- **Powerade ZERO** - found in most grocery stores and a great electrolyte containing drink.
- **Tea**
- **Coffee** (decaf or regular) - But limit regular to no later than noon to avoid insomnia or middle of the night awakenings.
- **Flavored waters** (Propel among others)
- **Water enhancers** (Mio, Dasani, Crystal Light, Nuun, or any others if zero carb, zero calorie)



***Where can I find most of these  
low carb items?***



- Check out your local grocery stores for low carb items.
- Read nutritional labels and be sure to note the serving size (it can be deceptively small).
- Try to find organic products and grass-fed meats, free of pesticides and other toxins.
- If unable to find products locally:

**VISIT OUR ONLINE STORE:**

**[www.asimplelowcarblife.com/online-store-.html](http://www.asimplelowcarblife.com/online-store-.html)**



**Why is alcohol not on  
the grocery list?**



# Alcohol is toxic to the liver in any amount.

- The liver will preferentially metabolize alcohol BEFORE metabolizing fat.
- This means that even if you are still in ketosis, no fat metabolism will occur until alcohol has been metabolized.
- Every ounce of alcohol (hard liquor) requires 2-3 hours at least to metabolize.
- If you drink daily, there are a number of hours of the day that you will not be burning fat.
- Alcohol contains empty carbs, 7 calories per gram, and has no nutritional value.



**Carefully consider whether  
alcohol is worth it or not...**

*It can stall your weight loss.*



# Congratulations!

*You have just completed*

## **MODULE 6-Video 2**

In the next MODULE you will learn where to find some great low carb recipes.

[www.asimplelowcarblife.com](http://www.asimplelowcarblife.com)  
[asimplelowcarblife@comcast.net](mailto:asimplelowcarblife@comcast.net)