

Low Glycemic Impact Beginners Bingo Shopping List

This shopping list is meant to accompany our Beginners Bingo week plan with No Special Ingredients and No Long Recipes! Some of these items you may already have in your home so just check them off your list!

Dairy:

Eggs
Egg white (Carton)
Unsweetened Almond Milk
Triple Zero Yogurts
Cheddar cheese
Light Laughing Cow Swiss Wedges
Parmesan cheese
Low fat Cottage cheese

Meat:

Ham Lunch meat (no sugar added!)
Chicken or Turkey lunch meat (no sugar added)
*Hillshire Farms Naturals are a good option of lunch meats
Ground beef
Chicken Breasts
Steaks
Hamburgers

Frozen Section:

Cauliflower rice
Broccoli florets/cuts
Cauliflower florets/cuts
Frozen sweet potato cubes
Ezekiel Bread
California blend vegetables

Pantry Items:

Rolled oats (not steel cut, not quick cut!)
Salsa- No Sugar added (Tostitos works)
Canned chick peas
Olive Oil
Balsamic Vinegar
Apple Cider Vinegar
Coconut oil
Wasa Crackers, Rye or Sourdough
Stevia or Stevia blend

Fruit and Vegetables:

Large container of mixed greens
Cucumbers
Tomatoes
Green onion
Bell Pepper
Mushrooms
Broccoli
Avocado
Snap Peas
Celery
Baby Carrots
Apples

Additional Items to consider:

Cream for your coffee? Use unsweetened almond milk and a natural sweetener with any breakfast. If you are eating a low carb breakfast, Half and half is OK.

Soda addiction? Try ZEVIA, a stevia sweetened soda. Or La Croix, a flavored carbonated water option.

Sweet Tooth? If you need something sweet and quick look for Lily's Stevia sweetened chocolate chips. Pair them with a handful of almonds for an low carb snack when sugar cravings hit!

Need some quick snacks for on the go? Individually wrapped cheese sticks can be enjoyed with a handful of nuts for an S snack. Most QUEST protein bars are another portable low carb snack. An apple and triple zero yogurt is also pretty portable for an healthy carb snack.