

LIST OF COMMERCIAL, HEALTHY LOW CARB FOODS

The following is a list of the best commercially available foods that we've found. There are roughly 20 different foods here that we've chosen that are as healthy as possible for processed foods. These are all low carb foods and minimally processed. Most of these products can be found at Amazon.com or your local health food store.

When looking for the healthiest low carb processed foods, check the ingredients to make sure that the food is non-GMO, organic if possible (has organic ingredients), free of preservatives and additives. Also ensure that any sugars in the products are the healthier ones like Erythritol, Xylitol or Lo Han (Monk fruit) and Stevia.

BREADS AND BREAD SUBSTITUTES

- **Low Carb Flaxseed Bread by Oasis**
 - (find at Von's or Sprouts. This contains wheat)
- **Coconut Wraps by Julian Bakery**
- **Smart Buns**
 - **Low carb hamburger buns, zero net carbs gluten free**
- **Great Low Carb Bread Company**
- **Low Carb Wheat Tortillas by La Tortilla**

CRACKERS

- **Jilz Crackers**
- **Flackers organic flax seed crackers**
- **Whisps Parmesan Cheese Crisps**

BARS, NUTS & SEEDS

- **Go Raw Organic sprouted organic pumpkin seed bars**
- **Zenobars**



- **Gluten free, vegan, delicious, won't spike blood sugar**

DRINKS

- **Dandy Blend,**
 - **Instant Herbal beverage with dandelion (coffee substitute)**
- **Sun Warrior low carb protein drink**
- **La Croix sparkling water**
- **Runa**
- **Zevia**

MISC. SNACKS, ETC.

- **ProGranola**
 - **Vanilla cluster low carb granola**
- **Paleo Valley 100% Grass fed Beef sticks**
- **Great Low Carb Bread Company**
 - **Fettuccine Pasta**

DESSERTS

- **Killer Creamery;**
 - **Low carb ice cream;** online www.killercreamery.com
- **Just Made Keto**
 - www.justmadeketo.com
 - **Delicious low carb cupcakes, icing**