

# Walmart Low Carb & Keto Items Shopping List

*Low carb diets restrict the consumption of carbohydrates. Foods that contain easily digestible carbohydrates ( for example : sugar, bread, pasta) are replaced or limited with foods that contain more fats and protein in moderate amounts (such as meat, poultry, fish, shellfish, eggs, cheese, nuts and seeds) and foods that contain a low amount of carbohydrates ( spinach, kale, chard). The amount of carbs that is allowed depends on the type of the low-carb diet that you are following.*

*A popular belief among people that try to lose weight is that with reducing the carb intake you can avoid weight gain from the calories in other macronutrients. However every weight loss from low-carb diets comes from a reduced overall intake of calories.*

**Deli Area Meats and Cheeses: usually found in the packaged lunchmeat, hot dogs and bacon section.**

- Panino Pepperoni Wrapped Mozzarella Cheese; 2 carbs per serving
- Panino Hard Salami Wrapped Mozzarella Cheese; 2 carbs per serving
- Panino Prosciutto Wrapped Mozzarella Cheese; 2 carbs per serving
- Panino Variety Pack; 2 carbs per serving
- The Laughing Cow Cheeses; Swiss, Swiss Garlic and Herb, Spicy Pepper
- Jack; 1 carb per serving
- Babybel Cheese; White Cheddar, Original, Mozzarella; 0 carbs per serving
- Land O Lakes Mild Cheddar and Colby Jack Cheese; 0 carbs

per serving

- Sargento String Cheese; 0 carbs per serving
- Sargento Sharp Cheddar Cheese Sticks; 0 carbs per serving
- Cheese Heads String Cheese; <1 carb per serving
- Private Stock Sharp Pimiento Cheese; 1 carb per serving (would be very good with celery sticks or pork rinds)
- Pawleys Island Palmetto Cheese; 0 carbs per serving (would be very good with celery sticks or pork rinds)
- Philadelphia Original Cream Cheese; 2 carbs per serving
- Rotisserie Chicken
- Deli Snackers Rotisserie Seasoned Chicken Breast; 1 carb per serving
- Deli Snackers Black Forest Ham; 1 carb per serving
- Hormel Pepperoni Snack Stix; 0 carbs per serving
- Hormel Pepperoni 2 pouches; 0 carbs per serving
- Cheese Heads Colby Jack & Turkey Sticks; 0 carbs per serving for cheese and 1 carb per serving for turkey

## **Jerky; usually in the aisle near nuts.**

Jerky is a tricky one. The first choice has the best ingredients and carb count. The others are not the best choices but many eat them. The serving size on the first is 25 grams 1 stick, just a bit less than 32 grams (4 sticks) on the other two.

Beef Sausage Snack Sticks; <1 carb per serving

Slim Jim Original Smoked Snack Sticks; <5 carbs per servings

Great Value Snack Sticks; 4 carbs per serving

**Nuts and Seeds the bigger, cheaper by the ounce bags are usually with baking and the others would be in the nuts/snacks aisle.**

Diamond Shelled Walnuts; 2 net carbs per serving

Fisher Pecan Halves; 1 net carb per serving

Fisher Whole Natural Almonds; 2 net carbs per serving

Emerald 100 Calorie Packs of Natural Almonds; 2 net carbs per serving

Emerald 100 Calorie Packs of Dry Roasted Almonds; 2 net carbs per serving

Mauna Loa Dry Roasted Macadamias; 2 net carbs per serving

Dakota Style Sunflower Kernels; 2 net carbs per serving

## **Vegetables; usually right as you walk in the door**

Wholly Guacamole minis; Classic or Spicy; 2 net carbs per serving

Precut Market side Cauliflower or Broccoli Florets; varies

Premade salads; Not all are low carb/Keto! The Ranch Cobb Salad is a good choice; 2 net carbs per serving (Note that there are 4.5 servings in the container!)

Ready to eat Celery Sticks; 0 net carbs per serving

## **Cans and packets of meat; in the canned meat aisle**

Do note that some flavors will have more carbs than others. Also, if you buy a can, make sure it has a flip top opening if you don't have a can opener in your car or desk drawer. Grab a pack of plastic forks too! These are great with a little mayo, put on a salad or eaten right out of the packet or can.

## **Packets**

Starkist Tuna Creations; Bacon Ranch; 2 carbs per serving

Starkist Tuna Creations; Hot Buffalo Style; 0 carbs per serving

Starkist Tuna Creations; Ranch; <1 carb per serving

Starkist Tuna Creations; Lemon Pepper; .5 carbs per serving

Starkist Tuna Creations; Herb & Garlic; 1 net carb per serving

Starkist Tuna Creations; Hickory Smoked; 0 carbs per serving

Starkist Ready to Eat Tuna Salad; 2 net carbs per serving

Starkist Pink Salmon; .5 carbs per serving

## **Cans**

Starkist Solid White Albacore Tuna; 0 carbs per serving

Starkist Chunk Light Tuna; 0 carbs per serving

Bumble Bee Premium Albacore in Water; 0 carbs per serving

Chicken of the Sea Pink Salmon; 0 carbs per serving

Bumble Bee or Great Value White Crab Meat; 0 carbs per serving

Bumble Bee or Great Value Shrimp; 0 carbs per serving

Pampa Giant Calamari; 0 carbs per serving

Great Value Fully Cooked Roast Beef; 0 carbs per serving

Butterfield Farms Diced Ham; 1 carb per serving

Great Value Chunk Chicken Breast; 0 carbs per serving

Any of the plain meats are great!

## **Protein Bars and Shakes; usually in the pharmacy are**

Muscle Milk Shakes; 3 net carbs per serving

Premier Protein Shakes; 3 net carbs per serving

Quest Bars; Carbs may vary by flavor; most are about 5 net carbs

Atkins Shakes and Bars; they vary by product too.

## **Drinks**

Mio Electrolytes to add to a water bottle; 0 carbs per serving

Propel packets; 0 carbs per serving

Powerade Zero; <1 carb per serving

LaCroix Sparkling Water; 0 carbs per serving

Sparkling Ice or Walmart Brand Clear Ice; <1 carb per serving

## **Other**

Hard Boiled Eggs, some are near the packaged deli meats and some are near the eggs; <1 carb each

Whisps, usually near the deli department; 1 carb per serving

Snack Pack Juicy Gels, on the shelf near packaged puddings; <1 carb per serving

Oh Snap! Dilly Bites, near packaged deli meats; 0 carbs per

serving

Pork Rinds, in chip aisle; usually 0 carbs per serving but some flavors have carbs.

Natural Olives Pitted Green Olives, on the bottom shelf with pickles and olives; <1 carb per serving

Pearls Olives to Go, on the bottom shelf with pickles and olives; 1 carb for black olives, 0 carbs for green olives