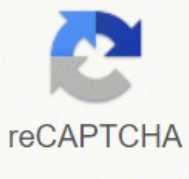




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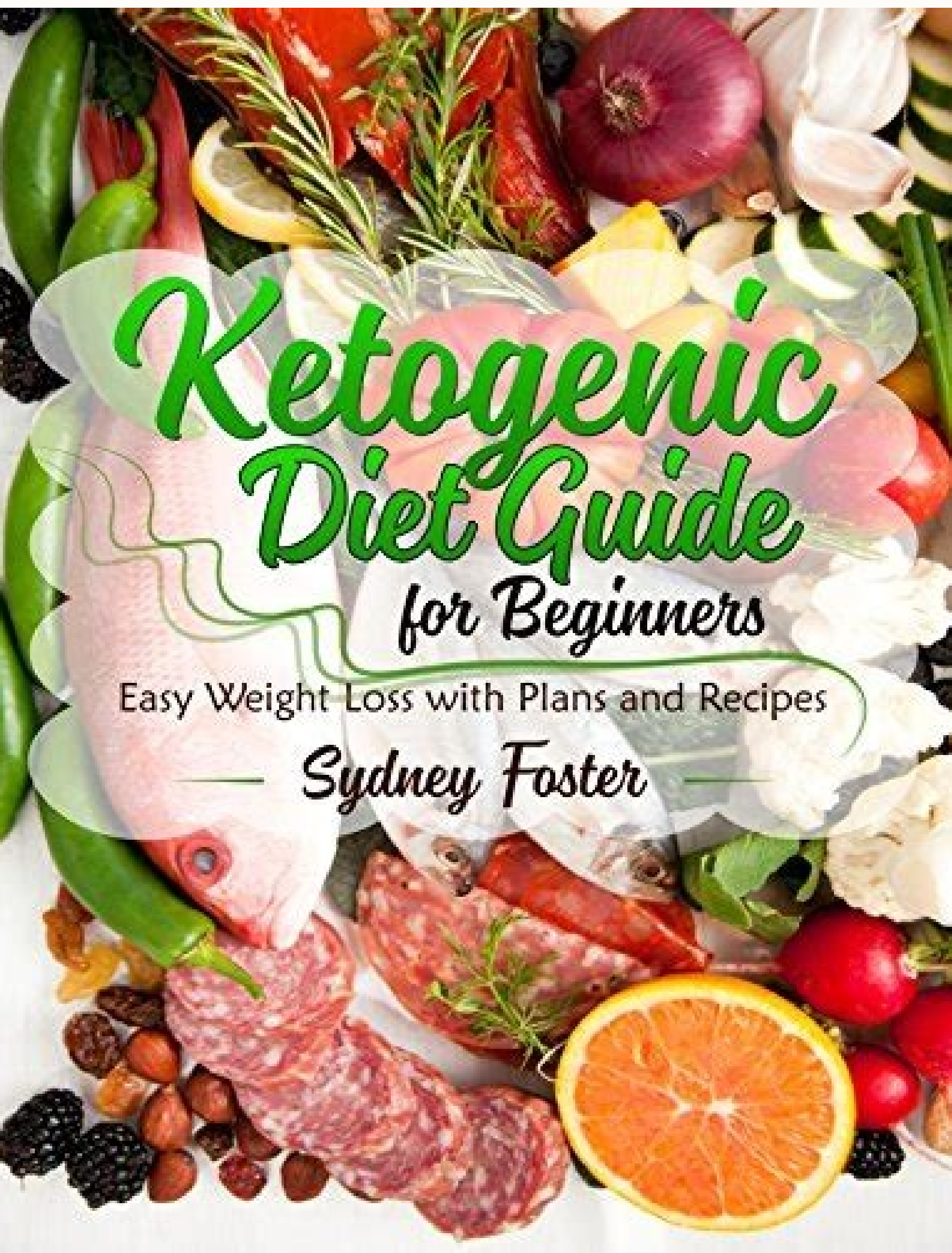
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Low-Sodium Grocery List

	\$	qty.	sum		\$	qty.	sum
Bread/Grains				Condiments			
<input type="checkbox"/> rice				<input type="checkbox"/> vinegar			
<input type="checkbox"/> pasta				<input type="checkbox"/> lemon juice			
<input type="checkbox"/> bread				<input type="checkbox"/> mustard			
<input type="checkbox"/> cereal				<input type="checkbox"/> ketchup			
<input type="checkbox"/> quinoa				<input type="checkbox"/> olive or canola oil			
<input type="checkbox"/> oatmeal				<input type="checkbox"/> salad dressing			
<input type="checkbox"/> unsalted popcorn							
<input type="checkbox"/> low-sodium beans				Fruits/Veggies			
Meat				<input type="checkbox"/> apples			
<input type="checkbox"/> poultry				<input type="checkbox"/> asparagus			
<input type="checkbox"/> lean beef/pork				<input type="checkbox"/> avocados			
<input type="checkbox"/> fish				<input type="checkbox"/> bananas			
<input type="checkbox"/> shellfish				<input type="checkbox"/> berries			
				<input type="checkbox"/> beans			
				<input type="checkbox"/> broccoli			
				<input type="checkbox"/> cabbage			
				<input type="checkbox"/> carrots			
				<input type="checkbox"/> cucumber			
				<input type="checkbox"/> garlic			
				<input type="checkbox"/> lettuce			
				<input type="checkbox"/> melons			
				<input type="checkbox"/> mushrooms			
				<input type="checkbox"/> onions			
				<input type="checkbox"/> oranges			
				<input type="checkbox"/> peppers			
				<input type="checkbox"/> pineapple			
				<input type="checkbox"/> spinach			
				<input type="checkbox"/> Swiss chard			
				<input type="checkbox"/> squash			
				<input type="checkbox"/> tomato			
Beverages				Food to Avoid			
<input type="checkbox"/> coffee				<input type="checkbox"/> buttermilk			
<input type="checkbox"/> tea				<input type="checkbox"/> bacon/sausage			
<input type="checkbox"/> diet soda				<input type="checkbox"/> deli meats			
<input type="checkbox"/> vegetable juice				<input type="checkbox"/> breaded meats			
<input type="checkbox"/> water				<input type="checkbox"/> canned vegetables			
				<input type="checkbox"/> broth			
Dairy				<input type="checkbox"/> soup			
<input type="checkbox"/> soy milk				<input type="checkbox"/> olives			
<input type="checkbox"/> low-fat milk				<input type="checkbox"/> anchovies/sardines			
<input type="checkbox"/> low-fat yogurt				<input type="checkbox"/> pickles			
<input type="checkbox"/> unsalted butter				<input type="checkbox"/> cheese			
<input type="checkbox"/> cottage cheese				<input type="checkbox"/> gravy			
<input type="checkbox"/> eggs				<input type="checkbox"/> soy sauce			
Snacks							
<input type="checkbox"/> unsalted nuts							
Cans/Jars							
<input type="checkbox"/> canned fruit							
<input type="checkbox"/> low sodium broth							
<input type="checkbox"/> salsa							

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Keto Diet

30
LOW-CARB
HIGH-FAT
RECIPES

Clear health benefits

Simple and tasty meals

Dining out and fast-food options

Digital Edition

TOP 10 FOODS TO EAT • KETO DIET ON A BUDGET • HOW TO MAINTAIN KETOSIS

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