



Dr. Karen's Sugar Busting Shopping List *Low-Glycemic*

Apple	Kale 2
Arugula	Lemon (for fresh juice)
Asparagus	Lime (for fresh juice)
Avocado	Low-sodium crushed tomatoes 32 oz cans
Baby Bok Choy	Low-sodium vegetable broth
Balsamic Vinegar	Mixed Greens (salad)
Basil (fresh)	Nonfat Greek yogurt
Bay leaf	Olive oil spray
Bell Pepper	Parsley 2
Bell Pepper (red)	Persian Cucumber
Berries	Plum tomatoes
Black Pepper	Quinoa
Blueberries	Radish
Bragg's Liquid Aminos	Red onion
Broccoli	Red wine vinegar
Cauliflower	Rosemary
Celery	Salmon 4 oz
Chicken Breast 4oz portions	Spaghetti Squash
Cinnamon Dash	Spinach (fresh)
Crushed red pepper	Swiss chard 2 bunches
Dijon mustard	Thyme 1 fresh sprig
Dill (fresh)	Tomato
Egg Whites	Turkey breast 4 oz sliced
Extra Virgin Olive Oil	Turkey breast lean ground
Fresh cilantro	Unsweetened almond milk
Garlic cloves	Yellow onion
Green Cabbage 1	Yellow Squash
Green Onions	Zucchini
Ground flaxseed	
Halibut or cod 8 oz	
Jalapeno pepper	
Jicama	