

Low Carb Cheat Sheet

These are some good alternatives for when you are trying to decrease your carb intake. If you want to know what stores near you carry this product, go to the product website and they should give you an option to do a retail search or have a store locator.

Pasta:

- Journeylite Pasta (JourneyLite offices or E-store)
- Miracle Noodles (most grocery stores, usually in the organic refrigerated section)
- Edamame Pasta or Black Bean Pasta, made by Explore Asia, (Costco, Jungle Jim's, Meijer)
- Zucchini Noodles (use vegetable shredder)

Tortillas: (Some of these products could be located in the deli section.)

- Mission Brand Tortilla's "Carb Balance"
- Tumaros' "Low in Carbs" Tortilla's (Kroger/Jungle Jim's)
- LaTortilla Factory (Kroger/Meijer/Walmart)
- Flat Out's Lite

Ice Cream:

- Blue Bunny "Sweet Freedom" No sugar added (Kroger, Remke Bigg's, Walmart (not all))
- Edy's Slow Churned: No Sugar Added (Kroger, Meijer)
- Breyer's Carb Smart Ice Cream
- So Delicious Coconut Milk Ice Cream No Sugar Added (Kroger, Whole Foods) usually located in the Organic section in the freezer.
- Arctic Zero Ice Cream
- Halo Top Ice Cream (Kroger – only sold in pint sizes)

Granola/Granola Bars:

- McCabe's Granola (Remke/Bigg's, Kroger, Whole Foods)
- Bear Naked Peak Protein Granola (Organic Section)
- Nature Valley Protein Granola Bars (Granola Bar Section)
- Kellogg's Fiber Plus Protein Bars (Granola Bar Section)

Yogurt:

- Dannon Light & Fit Greek
- Kroger Greek Lite
- Kroger Carbmaster Yogurt
- Kroger Carbmaster Protein Yogurt Smoothie
- Oikos Triple Zero
- Elli Quark (Target or Whole Foods)

Milk:

- Carbmaster Milk (Original, Vanilla, and Chocolate) Kroger only
- Almond Breeze Unsweetened Almond milk
- Silk Unsweetened Cashew milk
- Soy Slender Soy Milk
- Unsweetened Coconut Milk