

level2[®] Go-To Grocery Guide

Low Carb Vegetables <i>(Eat as much as you want)</i>	Higher Carb Vegetables <i>(1 cup or less per meal)</i>	Proteins <i>(about palm-sized)</i>	Healthy Fats <i>(about thumb-sized or a small handful of nuts)</i>	Complex Carbs <i>(1/2 cup or less per meal)</i>	Fruit <i>(1/2 cup cut – use your CGM to choose the right fruits for you)</i>
☐ Asparagus ☐ Arugula ☐ Broccoli ☐ Brussel Sprouts ☐ Cabbage ☐ Carrots ☐ Cauliflower ☐ Celery ☐ Collards ☐ Cucumbers ☐ Eggplant ☐ Endive ☐ Green Beans ☐ Kale ☐ Lettuce ☐ Mushrooms ☐ Okra ☐ Onions ☐ Peppers ☐ Radishes ☐ Snap Peas ☐ Spinach ☐ Tomatoes ☐ Zucchini	☐ Parsnips ☐ Peas* ☐ Plantain ☐ Potatoes ☐ Pumpkin ☐ Squash ☐ Sweet Potatoes ☐ Corn	☐ Beef <i>(Chuck, round, sirloin, flank, tenderloin)</i> ☐ Chia Seeds* ☐ Chicken ☐ Cottage Cheese* ☐ Eggs ☐ Fish ☐ Ham <i>(Low fat, low sodium)</i> ☐ Hamburger <i>(80% lean or higher)</i> ☐ Hempseed* ☐ Nutritional Yeast* ☐ Pork <i>(80% lean or higher)</i> ☐ Sausage ☐ Seitan* ☐ Shellfish ☐ Soybeans/Edamame* ☐ Soy Milk ☐ Spirulina* ☐ Sprouted Grain Bread* ☐ Tofu* ☐ Turkey ☐ Protein Powder ☐ Yogurt*	☐ Avocado ☐ Coconut Oil ☐ Nut Butter (Peanut Butter, Cashew Butter, Almond Butter, Sun Butter)* ☐ Nuts ☐ Olive Oil ☐ Olives ☐ Seeds (Flax, Chia)	☐ Amaranth* ☐ Barley ☐ Beans* ☐ Brown Rice ☐ Bulgur ☐ Chickpeas* ☐ Lentils* ☐ Oats ☐ Polenta ☐ Quinoa ☐ Teff* ☐ Whole Wheat Pasta ☐ Wild Rice*	☐ Apple ☐ Banana ☐ Berries ☐ Cantaloupe ☐ Cherries ☐ Coconut ☐ Grapefruit ☐ Grapes ☐ Honeydew ☐ Mango ☐ Peaches ☐ Pineapple ☐ Tangerine ☐ Watermelon