

LOW GLYCEMIC INDEX GROCERY LIST

Selection of foods with GI score of 55 or less

VEGETABLES (NON-STARCHY)

- Spinach & Kale
 - Broccoli & Cauliflower
 - Bell Peppers
 - Zucchini
 - Asparagus
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FRUITS (LOW GI)

- Cherries
 - Grapefruit
 - Pears
 - Apples
 - Berries (Strawberries/Blueberries)
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GRAINS & LEGUMES

- Steel-Cut Oats
 - Quinoa
 - Chickpeas
 - Lentils
 - Barley
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PROTEINS & DAIRY

- Greek Yogurt (Unsweetened)
 - Eggs
 - Wild-Caught Fish
 - Tofu / Tempeh
 - Skim or Nut Milk
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HEALTHY FATS & SNACKS

- Raw Almonds & Walnuts
- Avocado
- Chia Seeds / Flaxseeds

- Hummus
 - Nut Butters (No Sugar Added)
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PANTRY STAPLES

- Olive Oil (Extra Virgin)
 - Apple Cider Vinegar
 - Cinnamon
 - Stevia or Monk Fruit
 - Green Tea
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