



deliciously diabetic

Low Carb Pantry Cheat Sheet

---HIGH--- CARB

White Rice

Spaghetti

Couscous

Quinoa

White Bread

Pita / Flat Bread

Short Pasta

Roast Potatoes

Mashed Potatoes

Ketchup / BBQ Sauce

Processed Sweet Treats /
Cookies / Candy

Sugary Desserts

Ice Cream

---LOWER--- CARB*

Basmati / Doongara Rice

Spiralized Carrot

-

-

Whole Grain Bread

Corn Tortillas

Chickpeas / White Beans
/ Black Beans

Roast Sweet Potatoes
Roast Butternut

-

-

Dried Fruit

Fresh Fruit

Flavoured Yoghurt

---LOW--- CARB

Cauliflower 'Rice'

Spiralized Zucchini

Cauliflower 'Couscous'

Cauliflower 'Couscous'

Almond or Broccoli Bread

Lettuce or Cabbage
Leaves

Roast Low Carb Veg

Roast Low Carb Veg

Cauliflower Mash

Low Carb Ketchup

Berries / Stonefruit
Apples / Pears

Dark Chocolate

Double Cream
Greek Yoghurt
Coconut Yoghurt

*Note: the 'lower carb' alternatives aren't my recommendation but can be a useful 'stepping stone' in your low carb journey.