

Best 60 Low Carb & Keto Walmart Items  
MyProductiveBackyard.com

Fresh Produce

Pasta Zero Shirataki Spaghetti  
Zucchini Noodles  
Chopped Cauliflower

Hot Dogs

Applegate Hot dogs  
Claussen Dill Pickles

Condiments

Frank's or Louisiana Hot Sauce  
G Hughes BBQ Sauce  
Duke's Mayonnaise  
Heinz Reduced Sugar Ketchup  
Most Mustards (avoid honey)  
Pompeian Red or White Wine Vinegar  
Maple Grove Farms Raspberry Vinaigrette Dressing  
Sir Kensington's Dressings  
Tessemea's Pantry's Dressings  
Walden Farms Dressings  
Oscar Meyer Real Bacon Bits  
Thai Kitchen Coconut Milk  
Bragg's Apple Cider Vinegar  
Great Value Cantina Salsa Verde  
Ortega Salsa  
Herdez Salsa Casera or Verde  
Old El Paso Mild Taco Sauce  
Swanson Broth

Gluten Free Aisle

Palmini Linguine  
Chomp's Grass Fed Beef Snack Sticks

Hulled Hemp Seeds  
Chia Seeds

With Peanut Butter

Organic Great Value Stir Peanut Butter (1 net carb per 2 Tbsp!)  
Maranatha No Stir Almond Butter

With Spaghetti

Rao's Homemade Marinara Sauce

Pickles, Olives, Peppers; most are fine-some special ones

Great Value Stuffed Olives  
Talk 'O Texas Okra Pickles  
Mt Olive No Sugar Added Sweet Gherkins

With Pancake Syrups

Maple Grove Farms Sugar Free Maple Flavor Syrup

Usually Near Coffee

Hershey Sugar Free Syrup

Coffee Aisle

Torani Syrups  
Rapid Fire Ketogenic Coffee Pods, Creamer, Coffee

Baking Aisle (or some could be in gluten free aisle)

Almond Flour  
Coconut Flour  
Xanthan Gum  
Flaxseed Meal  
Carrington Farms Organic Ghee  
Hershey's Kitchen Sugar Free Chocolate Chips (beware that maltitol is the first ingredient!)  
Unsweetened Coconut Flakes  
Sweeteners; Pyure, Truvia, Stevia

## Baking Cocoa

Breads (These are not wheat free but considered low carb and fine for some; personal choice)

Lavash Bread

Labanderita Soft Taco Shells

## Dairy

Philadelphia Cream Cheese

## Milk Case

Silk Unsweetened Cashew and Coconut Milk

Great Value Unsweetened Almond Milk

Great Value Heavy Whipping Cream

## Drink Aisle

Zevia Soda

LaCroix

## Frozen Section

Real Good Products

Atkins Frozen Meals—These are all low carb and clearly marked on the package. They are NOT all gluten/wheat free.

Steak-Ums—100% real beef

Halo Top Ice Cream

Green Giant Riced Veggies; Broccoli and Cauliflower

Green Giant Veggie Spirals; Zucchini

Add to these; meat, fresh and frozen vegetables, eggs, pickles, olives, cooking oils, butter, block cheeses and nuts.

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