



This list is only a partial compilation of recommended products and brands. Please remember to always check labels for undesirable ingredients if you find a product in your local store that we may have unintentionally left out.\*

## BAKING STAPLES

### Sweeteners:

- Earth's Pride Organics*
  - Organic coconut palm sugar
  - 100% maple syrup

### Flours:

- Earth's Pride Organics* organic coconut flour

### Nuts, Seeds & Nut Butters:

- Barney Butter* almond butter  
(contains evaporated cane juice and palm fruit oil)
- USA* golden flax

## BEVERAGES

### Coffee:

- Earth's Pride*
  - Organics 100% arabica ground
  - Organics Sumatra estate
- K-Cup packs
  - *Newman's Own* organics special blend
  - *San Francisco Bay* 100% organic rainforest blend

### Water:

- Mineral water
  - *San Pellegrino* bottled water
  - *Perrier* bottled water
  - Various bottled water

## BOOKS

- Practical Paleo*

## DAIRY

### Butter:

- Organic butter
- Kerrygold* butter

**Note:** butter & cheese brands are supplied if you know you tolerate them well—you may also choose to clarify your butter.

### Cheese:

- Kerrygold* dubliner cheese
- Chevrine* crumbled goat cheese

## FRESH PRODUCE & REFRIGERATED ITEMS

- Organic & seasonal produce; conventional produce on the Clean 15
- Wholly Guacamole*
  - Classic guacamole
  - Guacamole minis

### Eggs:

- Earth's Pride Organics*
- Pete & Gerry's* organic eggs

## FRESH MEAT/POULTRY/SEAFOOD

### Red Meat:

- Great Range* premium ground bison
- Cedar Springs* natural ground lamb

### Pork:

- Vermont Smoke and Cure* uncured bacon

### Poultry:

- Earth's Pride Organics* chicken breast

### Deli Meat & Sausages:

- Applegate Naturals*
  - Uncured black forest ham
  - Uncured smoked turkey breast
  - Uncured slow cooked ham
  - Uncured genoa salami
  - Uncured beef hotdogs
  - Uncured Sunday bacon
  - Uncured turkey hot dogs

\* Not all items are part of the 21-Sugar Detox (21DSD) Yes/No list. If shopping for 21DSD, use the recommended products & brands list on p. 224 of the 21DSD.



# REAL FOOD SHOPPING LIST

by Diane SANFILIPPO



## FROZEN

### Fruits & Vegetables:

- Organic vegetables & vegetable blends
- Organic fruit
- Earth's Pride Organics*
  - Tropical fruit blend
  - Triple berry blend
  - Peas
- Quirch*
  - Maduros (frozen sweet plantains in palm oil)
  - Yucca (frozen, peeled yucca)

### Proteins:

- Berkley & Jensen*
  - Wild caught swordfish steaks
  - Wild caught ahi tuna steaks
  - Wild caught mahi mahi loins
  - Wild caught pacific cod fillets
  - Wild caught raw sea scallops
- Orca Bay*
  - Wild caught sockeye salmon fillets
  - Wild caught king crab legs
  - Wild caught flounder

## GROCERY

### Fruit:

- BuddyFruit* applesauce pouches (not organic)

### Jarred/Canned:

- Berkley & Jensen*
  - Hearts of palm
  - Artichoke hearts
- Muir Glen* organic whole peeled tomatoes
- Tassos* pitted kalamata olives

### Fats & Oils:

- Better Body Foods* organic extra virgin coconut oil
- Rozzano* organic extra virgin olive oil
- Season Brand* wild caught sardines in olive oil

### Other:

- Earth's Pride Organics* low sodium chicken broth

## SEASONINGS/SAUCES

### Seasonings:

- Earth's Pride* seasonings & spices
  - All natural Sea salt
  - Thyme
  - Italian seasoning
  - Garlic & sea salt
  - All natural Himalayan pink salt
  - Black pepper
  - Crushed red pepper
  - Parsley
  - Rosemary
  - Oregano
  - Basil
  - Saigon cinnamon
  - Cumin

## SNACKS/TREATS

### Chips:

- Wellsley Farms* plantain chips

### Fruit:

- Carmel Naturel* fresh medjool dates
- Organic by Mariani* calimyrna figs

### Nuts & Seeds:

- Green Valley Pecan Company* pecans
- Terrafina* cashews in the raw
- Terrafina* almonds in the raw