



REAL FOOD SHOPPING LIST



by *Diane* SANFILIPPO

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:

- Wholesome Sweeteners* Organic Raw Honey

Flours:

- Bob's Red Mill*
 - Almond flour
 - Flax seed
 - Coconut flour

Nuts, Seeds & Nut Butters:

- Sunbutter* Sunflower Seed Butter
- Justin's* Almond Butter
- MaraNatha*:
 - Sunflower Seed Butter
 - Coconut Butter
 - Almond Butter
- Barney Butter* Almond Butter
- Simple Truth*
 - Cashew Butter
 - Almond Butter
- Back to Nature* California Almonds
- Simple Truth*
 - Organic Raw Pumpkin Seeds
 - Organic Raw Sunflower Seeds

Chocolate:

- Enjoy Life* Chocolate Chips

Other:

- Spectrum* Organic Palm Shortening

BEVERAGES

Coffee:

- *Newman's Own* Organic Coffee
- *Caffe Sanora* Organic Coffee
- *Puroast* Organic Coffee
- *Mount Hagen* Organic Coffee

Organic Teas:

- Traditional Medicinals* Organic Teas

Nut Milks:

- So Delicious* Coconut Milk
- Blue Diamond* Almond Breeze Almond Milk
- Pacific* All Natural Hemp Milk
- Tempt* Hemp Milk

Water:

- Cascade Ice* Sparkling Water

FRESH MEAT/POULTRY/SEAFOOD

Red Meat:

- Maverick Ranch*
 - Ground Beef
 - Grass Fed Ground Beef
 - Grass Fed Ground Buffalo
- Simple Truth*
 - Organic Steaks
 - Organic Ground Beef

Poultry:

- Simple Truth*
 - Organic Free Range Chicken

FROZEN ITEMS

Seafood:

- Kroger*
 - Wild Caught Raw Texas Gulf Shrimp
 - Wild Caught Raw Shrimp
- Private Selection* Wild Caught Key West Pink Shrimp

GROCERY

Fruit based:

- Santa Cruz* Organic Applesauce

Condiments:

- Green Mountain* Gringo Salsas
- Muir Glen* Organic Salsas

Other:

- Pacific* Organic Chicken Broth



Fats & Oils:

- Better Body Organic Coconut Oil*

SEASONINGS/SAUCES

- Annie's Natural Mustards*

SNACKS/TREATS

Snacks:

- Larabars*

Chocolate:

- Equal Exchange Chocolate Bars*