



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:

- Coconut sugar
- Maple syrup
- Raw honey (local if possible)

Flours:

- Bob's Red Mill* products
 - Coconut flour
 - Tapioca starch
 - Arrowroot flour
 - Potato starch

Nuts & Seeds:

- Coconut butter
 - *Artisana, Maranatha*
 - *Aunt Patty's*
- Nut butters
 - *Artisana*
 - *Maranatha*
- Tahini
 - *Once Again Organic*
 - *Woodstock Organic*

Chocolate:

- Enjoy Life* Chocolate Chips & chunks
- Unsweetened Cocoa/Cacao powder
 - *Now Foods*
 - *Rapunzel*
 - *Holykadow*
 - *Nativas*

Other:

- Great Lakes* Gelatin
- If You Care* Large Baking Cups (parchment paper cupcake/muffin liners)
- Natural Grocers* brand Coconut Flakes or shreds
- Spectrum Organic* All Vegetable Shortening

BEVERAGES

Coffee:

- Organic free-trade coffee beans
- Stumptown* Cold Brew

Water:

- Coconut water
 - *Amy & Brian's*
 - *VitaCoco*
 - *Zico*
 - *Harmless Harvest 100% Raw (refrigerated)*

Fermented Beverages:

- Komubucha:
 - *Brew Dr*
 - *GT's Synergy*
 - *Lionheart*

Teas:

- *Numi*
- *Organic India*
- *Traditional Medicinals*
- *Yogi*

BOOKS

- Practical Paleo*
- The 21-Day Sugar Detox*

DAIRY

Butter:

- *Clover Organic*
- *Kerrygold*
- *Organic Valley* pasture-raised cultured
- *Straus Family Creamery Organic*

Ghee:

- Purity Farms*

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



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Cheese:

- Kerrygold Dubliner & many other organic/pasture-raised cheeses (including goat)

Yogurt:

- Maple Hill Creamery Grass-Fed yogurt
- Redwood Hill Goat Milk Yogurt & Keifer
- Straus Plain Greek Yogurt
- Traderspoint Creamery Organic Grass-Fed Whole Milk yogurt
- Wallaby Organic Pasture-raised Plain Greek Yogurt
- White Mountain Organic Bulgarian Yogurt

Milk:

- Organic Valley Grassmilk (whole, grass-fed, non-homogenized)

FRESH PRODUCE & REFRIGERATED ITEMS

- Organic & seasonal produce; conventional produce on the **Clean 15**
- Wholly Guacamole organic Guacamole

Fermented Foods:

- Bubbie's sauerkraut, pickles
- Farmhouse Culture Kraut, multiple varieties
- Pickled Planet Raw Fermented Pickles, Raw Sauerkraut
- Wildbrine Sauerkraut, Pickles

FRESH MEAT/POULTRY/SEAFOOD

Red Meat:

- Applegate Organics grass-fed hot dogs
- Teton Ranch 100% Grass-Fed Beef Uncured Frankfurters
- Beef, grass-fed ground, various cuts
- Beef, 100% grass-fed ground
- Bison, ground and steaks
- Lamb, ground, chops, stew meat and steaks
- Wild Boar, ground

Poultry:

- Organic Chicken
- Organic Turkey

Pork:

- Applegate Organics Sunday bacon
- Niman Ranch pork
- Niman Ranch uncured bacon & Canadian bacon

Seafood:

- Wild caught seafood

Deli Meat & Sausages:

- Applegate Organics deli meat
 - Uncured ham
 - Roast beef
 - Salami
- Aidells Organic Cajun Style Andouille, other varieties (check ingredients)

FROZEN

Protein:

- Wild Boar, ground
- Wild caught seafood

Fruit:

- Organic frozen fruit
- Organic frozen vegetables

Sweets:

- Straus Family Creamery Organic Ice Cream

GROCERY

Seafood:

- Bar Harbour wild herring fillets
- Crown Prince wild caught kipper snacks, sardines, anchovies
- Wild Planet products:
 - Canned fish
 - Sardines
 - Anchovies

Jarred/Canned:

- Coconut butter:
 - Artisana
 - Aunt Patty's
 - MaraNatha



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- ❑ *Farmer's Market* canned organic pumpkin
- ❑ *Mediterranean Organic Products*:
 - Olives
 - Wild capers
 - Gourmet red peppers
- ❑ *Native Forest* artichoke hearts
- ❑ Nut butters
 - *Artisana*
 - *Justin's*
- ❑ *Nutiva Products*
 - *Chia*
 - *Hemp seeds*
- ❑ *Once Again Organic Tahini*
- ❑ Organic applesauce:
 - *Santa Cruz Organic*
- ❑ Coconut Milk:
 - *Natural Value*
 - *Native Forest*
- ❑ Sunflower Seed Butter
 - *Sunbutter*-Organic Unsweetened or Natural No Sugar Added
 - *MaraNatha*

Fats & Oils:

- ❑ *California Olive Ranch* Olive Oil
- ❑ *Chosen Foods* Avocado Oil
- ❑ *Nanak* Pure Desi Ghee
- ❑ Coconut oil:
 - *Artisana*
 - *Aunt Patty's*
 - *Dr. Bronner's*
 - *Nutiva*
- ❑ *Nutiva* Red Palm Oil

Other:

- ❑ Seaweed
 - *Emerald Cove*
 - *Seasnax*

SEASONINGS/SAUCES

Vinegars & Fermented Items:

- ❑ Balsamic Vinegar (many organic varieties)
- ❑ *Bragg's* Raw Unfiltered Apple Cider Vinegar
- ❑ *Coconut Secret*:
 - Coconut Vinegar
 - Coconut Aminos

Seasonings:

- ❑ *Kirkland* Minced garlic
- ❑ *Celtic* Sea Salt
- ❑ *Redmond* Real Salt
- ❑ Spices:
 - *Simply Organic*
 - *Frontier Organic*
- ❑ Sea Seasonings:
 - Organic dulse
 - Kelp granules

Sauces:

- ❑ *Franks Red Hot* Cayenne Pepper Sauce
- ❑ Mustard:
 - *Annie's Naturals*
 - *Organicville*

SNACKS/TREATS

Fruit/Nut/Seed Based:

- ❑ *Kit's Organic* fruit and nut bars
- ❑ *Larabars*
- ❑ *Little Duck Organics* Tiny Fruits (in baby food section)
- ❑ *Nativas* products
 - Dried berries
- ❑ Organic applesauce/fruit pouches:
 - *Plum Organics*
 - *Ella's Kitchen*
 - *Peter Rabbit Organics*
- ❑ Organic dried fruit

Chips:

- ❑ *Boulder Canyon* Avocado Canyon Cut Sea Salt Potato Chips
- ❑ *Inka Chips* Plantain Chips



- ❑ *Jackson's Honest Chips*
- ❑ Kale Chips, multiple brands (read labels)

Nuts & Seeds:

- ❑ *Nativas* products
 - Chia seeds
- ❑ Nut butter squeeze packs
 - *Artisana*
 - *Justin's*
- ❑ Raw nuts in bulk section

Snacks:

- ❑ *Tanka* products (buffalo jerky/dried fruit)
 - Bars
 - Bites
 - Sticks
- ❑ *Epic Bars* (grass-fed bison, beef, lamb & 100% natural turkey)
- ❑ *GoPal's* Nori Wrapped Energy Sticks Power Wraps

Chocolate/Treats:

- ❑ Dark Chocolate, many great choices (opt for organic, 70% or above)
- ❑ *Hail Merry*
 - Macaroons
 - Miracle Tarts
- ❑ Nut butter squeeze packs
 - *Artisana*
 - *Justin's*
- ❑ *Wonderfully Raw* Coco-rooms