



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:

- Sue Bee White Clover Honey
- Uncle Luke's Pure Maple Syrup

Other:

- McCormick Pure Lemon Extract
- McCormick Pure Vanilla Extract

BEVERAGES

Water:

- Topo Chico Mineral Water
- Perrier Mineral Water Plain

Fermented Beverages:

- Angry Orchard Hard Cider

FRESH PRODUCE & REFRIGERATED ITEMS

- Organic & seasonal produce; conventional produce on the [Clean 15](#)
- Great Day hard boiled eggs

FRESH MEAT/POULTRY/SEAFOOD

Red Meat:

- Variety of conventional fresh Meat, Poultry and Seafood, mostly clean Sausages

FROZEN

Protein:

- Copper River Seafood Alaskan Sockeye Salmon Wild Caught
- Daily Chef Cooked & Uncooked Jumbo Medium Shrimp
- Hi Liner Sea Cuisine Cod Wild Caught
- Paramount Reserve Swai sustainably harvested

- See Worthy and Co Atlantic Salmon (Farm Raised)

Fruit:

- Organic frozen fruit
- Organic frozen vegetables

GROCERY

Seafood:

- Bar Harbour wild Herring fillets
- Crown Prince
 - Wild caught Kipper snacks
 - Sardines
 - Anchovies
- Wild Planet products:
 - Canned fish
 - Sardines
 - Anchovies

Jarred/Canned:

- Hunts
 - Tomato Sauce
 - Diced Tomatoes
- Classico Tomato Basil Pasta Sauce
- Heinz Tomato Paste
- Rotel original Tomatoes with Chilies

Fats & Oils:

- Better Body organic Coconut Extra-Virgin Oil
- Pompeian Extra-Virgin organic Olive Oil

SEASONINGS/SAUCES

Vinegars & Fermented Items:

- Daily Chef distilled white vinegar

Seasonings:

- Tones Spices



SNACKS/TREATS

Fruits/Nut/Seed Based:

- Daily Chef* Nuts
 - Pecans
 - Almonds
 - Dried Mediterranean apricots
 - Pitted prunes
- Diamond of California* sliced almonds
- Sunmaid* raisins
- Amport foods* Pinenuts
- Wonderful*
 - Almonds
 - Pistachios
- Purely Simple* Trail Mix Rickland Orchard





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