



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:

- Maple Syrup
- Raw Honey

Other:

- Spectrum Organic* All Vegetable Shortening

BEVERAGES

Coffee:

- Chameleon Cold Brew*
- Coffee beans
 - *Archer Farms* organic

Water:

- Coconut Water Canned/boxed:**
 - *VitaCoco*

Fermented Beverages:

- GT's Synergy Kombucha

Teas:

- Simply Balanced*
- Traditional Medicinals*

BOOKS

- Practical Paleo*

You can save 42% (or more) off "Practical Paleo" at Target, with their price match policy. Saving \$16.59 off of the \$39.95 retail price in store is easy peasy!

Just bring the book to customer service, and pull up the listing on Amazon.com on your smart phone or iPad to show them the price it's selling for. That's it!

DAIRY

Cheese:

- Kerrygold*

FRESH PRODUCE & REFRIGERATED ITEMS

- Organic & seasonal produce; conventional produce on the Clean 15

Fermented Foods:

- Farmhouse Culture* raw sauerkraut
- Grillo's* Pickles
- Mother-in-Law's* Kimchi
- Bubbie's*
 - Sauerkraut
 - Pickles

Condiments:

- Tessemae's*:
 - Salad dressings
 - Marinades & sauces

FRESH MEAT/POULTRY/SEAFOOD

Red Meat:

- Applegate Organics* Grass-Fed Hot Dogs
- ECHO Falls* wild Pacific salmon
- Thousand Hills* 100% Grass-Fed Hot Dogs
- Thousand Hills* 100% Grass-fed ground Beef
- Laura's Organic* Grass-fed ground beef

Seafood:

- Simple Seafood* Wild Alaskan Salmon

Pork:

- Applegate Organics* Sunday Bacon

Deli Meat & Sausages:

- Applegate Farms* Deli Meats
 - *Chicken* Breast
 - *Genoa* Salami
 - *Roast* Beef
 - *Roasted Turkey* Breast
 - *Smoked Turkey* Breast
 - *Uncured Black Forest* Ham
 - *Uncured* Pepperoni

** Be sure to check the ingredients when buying coconut water as they should not contain added sugar or sweeteners.

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



GROCERY

Seafood:

- Bumble Bee* wild Alaskan Salmon
- Chicken of the Sea* wild caught Salmon
- Wild Planet*:
 - Tuna
 - Salmon
 - Sardines

Jarred/Canned:

- Muir Glen* Organics
 - Canned tomatoes
 - Tomato paste
 - Pizza sauce
 - Pasta sauce
 - Tomato sauce
- Nut butters:
 - *Maranatha* Almond Butter
 - *Justin's* Almond Butter
- Thai Kitchen* Organic Coconut Milk

Fats & Oils:

- Coconut Oil
 - *Artisana*
 - *Bronner's*
 - *Kelapo Extra Virgin*
 - *Nutiva*
 - *Spectrum Organic*

SEASONINGS/SAUCES

Vinegars & Fermented Items:

- Bragg's Raw* Unfiltered Apple Cider Vinegar
- Eden Organic* Apple Cider Vinegar

Seasonings:

- Morton* Sea Salt

SNACKS/TREATS

Nuts & Seeds:

- Archer Farms* Raw Nuts

Fruit Based:

- Plum kids* organic fruit shredz
- Plum kids* organic fruit & veggie shredz
- Larabars*
- Barefruit organic apples

Chocolate:

- Lindt* dark chocolate 70%, 85%, 90%

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