



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
 - *Big Tree Farms* Organic
 - *Coconut Secret*
 - *Wholesome Sweeteners*
- Sucanat
 - *Rapunzel*
 - *Wholesome Sweeteners*
- Madhava* Coconut Sugar
- Organic raw honey
- Coombs Family Farm* Organic Maple Sugar
- Wholesome Sweeteners* Organic Molasses
- Organic Maple Syrup

Flours:

- Bob's Red Mill* Flours
 - Coconut flour
 - Tapioca starch (from cassava root)
 - Arrowroot flour
 - Potato starch
 - Almond meal/flour
- Let's Do Organic* Products
 - Coconut flour
 - Tapioca starch
- Dowd & Rogers* Italian chestnut flour
- Arrowhead Mills* Organic
 - Tapioca flour
 - Coconut flour
- Coconut Secret* Raw Coconut Flour

Nuts, Seeds & Nut Butters:

- Artisana*
 - Almond & other nut butters
 - Coconut Butter
- Maranatha* Almond Butter
- Once Again* almond and sunflower seed butters
- 365 organic tahini

- Dastony* organic, raw, sprouted nut butters
- Rejuvenative Foods* raw organic nut butters
- Organic Chia and Flax seeds

Chocolate:

- Enjoy Life* chocolate chips & chunks
- Unsweetened cocoa/cacao powder
 - *Lake Champlain*
 - *Nativas*
 - *Rapunzel*
 - *TCHO*
 - *Equal Exchange*
 - *Essential Living Foods* raw
 - *Sunfood Superfoods* raw organic

Other:

- 365 baking soda
- Let's Do Organic*
 - Coconut flakes
 - Coconut shreds
 - Coconut chunks
 - Dried fruit/nuts
- Spectrum* organic shortening
- Nutiva* organic shortening
- Simple Mills* baking mixes
- Hain* corn starch-free baking powder
- Native Forest* organic coconut cream and creamed coconut
- Organic almond and vanilla extracts, many brands

BEVERAGES

Coffee:

- Cold Brew
 - *Chameleon*
 - *Stumptown*
 - *Secret Squirrel*
- Coffee beans
 - *Allegro* Coffee

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REAL FOOD SHOPPING LIST

by Diane SANFILIPPO



- *Blue Bottle*
- *Four Barrel*
- *Ritual*
- Other organic free-trade coffee beans

Water:

- Coconut Water Canned/boxed:**
 - 365
 - *Amy & Brian's*
 - *Blue Monkey*
 - *VitaCoco*
 - *Zico*
- Coconut Water Raw/Refrigerated:**
 - *Harmless Harvest 100% Raw Coconut Water*
 - *Invo* unheated

Fermented Beverages:

- Kombucha:
 - *GT's Synergy*
 - *Ciara's Komboost*
- Zukay Live Foods* veggie drink

Teas:

- 365
- *Allegro*
- *Mighty Leaf*
- *Numi*
- *Organic India*
- *Traditional Medicinals*
- *Two Leaves*
- *Yogi*

Other:

- Organic Gemini* Tigernut Horchata
- Temple Turmeric Elixirs*

BOOKS

- Practical Paleo*
- The Everything Weeknight Paleo Cookbook*

DAIRY

Butter:

- Kerrygold*
- SMJOR*

- Natural By Nature*
- Liberte* goat milk butter
- Organic Valley* pasture butter
- Kalona Supernatural*

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

- Ghee
 - *Ancient Organics* in the refrigerated section
 - *Purity Farms*
 - *Organic India* in the grocery aisles

Yogurt:

- *San Benoit*
- *Maple Hill Creamery*
- *Traderspoint Creamery*
- *Wallaby Organic* whole milk kefir and Greek yogurt
- *Redwood Hill Farm* plain cultured goat milk kefir
- *Lazy Meadows* grass-fed whole milk yogurt

Cheese:

- Holland Reserve* Robusto
- Kalona Supernatural* full fat Cottage Cheese
- Kerrygold* Dubliner
- Other raw, grass-fed cheeses at the cheese counter

Milk & Cream:

- Kalona Supernatural* Buttermilk
- Natural By Nature* heavy cream
- Organic Valley* Grassmilk (whole, grass-fed, non-homogenized)
- San Benoit* Jersey Milk (whole, grass-fed, non-homogenized)

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

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- Pickles

- Rejuvenate Foods raw organic kimchi
- Wildbrine fermented veggies
- Farmhouse Culture gut shot

Condiments:

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

Other:

- Prepackaged in produce section
 - Zoodles
 - Guacamole
 - Various salsas
 - Pomegranate seeds

FRESH MEAT/POULTRY/SEAFOOD

Red Meat:

- Applegate Organics Grass-Fed Hot Dogs
- Fork in the Road Hot Dogs
- Grass-fed meat from the butcher counter—choose items rated 3 or higher on the step rating scale
- Wellshire Organic Grass-fed Hot Dogs
- Simply Grazin' 100% Grass-Fed Beef (all cuts)
- Nature's Rancher ground buffalo
- Strauss pasture-raised veal, various cuts

Poultry:

- Bell & Evans organic chicken livers
- Chicken from the butcher counter—choose items rated 3 or higher on the step rating scale
- Chicken feet & backs for making broth

Seafood:

- All fresh fish, especially wild-caught options
- ECHO Falls wild Salmon/whitefish caviar
- Blue Hill Bay wild Herring – all varieties (contains sugar, but very little & otherwise clean)
- Whole Catch wild Alaskan Sockeye Salmon (lox)

Pork:

- Applegate Organics bacon
- Wellshire Farms pork liverwurst

- Niman Ranch bacon
- Ejay's uncured bacon ends and pieces
- Pederson's Paleo bacon

Deli Meat & Sausages:

- Applegate Farms Deli Meats:
 - Roasted Turkey Breast
 - Smoked Turkey Breast
 - Uncured Black Forest Ham
 - Uncured Hot dogs
- Naturalissima salami and pepperoni
- Diestel Organic roasted turkey

Eggs:

- Vital Farms varieties
- Farmer's Hen House Organic

FROZEN

Fruits & Vegetables:

- Organic vegetables & vegetable blends
- Organic fruit

Proteins:

- Applegate Organic Sausages
- Wild caught Seafood
- Diestel turkey sausage
- Mary's Free Range duck

Sweets:

- Ice Cream
 - Jeni's Grass-Fed
 - Straus Family Creamery Organic
 - Three Twins Organic
 - Luna & Larry Coconut Milk Icecreams

GROCERY

Seafood:

- Bar Harbour wild Kipper Snacks (herring)
- Bela Sardines
- Crown Prince
 - Wild caught Kipper Snacks
 - Sardines
 - Tuna
- Henry & Lisa's wild canned fish
- Wild Planet

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- Canned fish
- Sardines
- Pole and Line tuna
- Raincoast Trading canned fish
- Jarred/Canned:**
- Coconut milk
 - 365 organic
 - Thai Kitchen – regular, not light
- Farmer’s Market
 - Organic pumpkin
 - Sweet potato
 - Butternut squash
- Mediterranean Organics
 - Olives
 - Capers
- Tomato paste/diced tomatoes
 - Jarred: *Bionaturae, Eden Organic, Jovial*
 - BPA-free cans: *Muir Glen Organic*
- Nut butters
 - *Artisana*
 - *Justin’s*
 - *International Harvest*
 - *Sunbutter* (Organic unsweetened, natural, no sugar added)
- Nutiva Coconut manna
- Fats & Oils:**
- Coconut Oil
 - *Artisana*
 - *Bronner’s*
 - *Kelapo Extra Virgin*
 - *Nutiva*
- Red Palm Oil
 - *Everyday Cuisine*
 - *Nutiva*
- Kelapo* Coconut Oil spray
- La Tourangelle* Walnut Oil
- Other:**
- International Harvest*
 - Dried fruit
 - Nuts

- Organic applesauce
 - *Santa Cruz Organic*
 - *365 Organic*
- Seaweed
 - *Eden*
 - *Emerald Cove*
 - *Gold Mine*
 - *Seasnax*
- Peloponnese Grape Leaves
- Nutiva* Shredded coconut

SEASONINGS/SAUCES

Vinegars & Fermented Items:

- Bionaturae* Balsamic Vinegar
- Bragg’s* Raw Unfiltered Apple Cider Vinegar
- Coconut Secret* Coconut Aminos

Seasonings:

- Mustard
 - 365
 - *Eden Organic Brown*
 - *Annie’s*
- Redmond* Real Salt
- Selina* Naturally Celtic Sea Salt
- Spices
 - 365 Organic
 - *Frontier*
 - *Simply Organic*
 - *Spicely*

Sauces:

- Rao’s & Mezzetta* marinara & tomato-based sauces

SNACKS/TREATS

Chips:

- Boulder Canyon* Avocado Canyon Cut Sea Salt Potato Chips
- Good Health Natural Foods* Avocado Oil Potato Chips
- Just Pure Foods* Veggie Chips
 - Pesto Tomato
 - Pesto Zucchini

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- Kale Chips:
 - *Alive & Radiant*
 - *Lydia's Organic*
 - *Pacific Northwest*
 - *Vampire*

Fruit:

- Bare Fruit* organic Fuji apple chips
- Hadley v* Dates
- Made in Nature* dried fruit
- Organic Applesauce pouches
 - *Treetop*
 - *GoGo Squeeze*
- Kirkland* Calimyrna figs
- Kirkland* Apricots
- Kirkland* Antioxidant Fusion

Nuts & Seeds:

- Nut butter squeeze packs
 - *Artisana*
 - *Justin's*
- GoRaw*
 - Sprouted Pumpkin Seeds
 - Sprouted Sunflower Seeds
 - Sprouted Watermelon Seeds
- Nativas* Chia seeds
- Raw organic nuts/seeds (bulk section or pre-packaged)

Fruit Based:

- Bare Fruit Organic*
 - Fuji Apples
 - Green Apples
 - Apricots
- Nativas* dried Berries
- Organic Applesauce pouches
 - *GoGo Squeeze*
 - *Happy Squeeze*
- Organic dried fruit (check for added sugar/oils)
- Organic Just...* freeze dried fruit
- That's It* fruit bars

Snacks:

- Epic Bars* (jerky)
- Larabars*

- Kit's* Organic fruit & nut bars
- Tanka Bars* (jerky)
- Wellshire Tom-Toms* Turkey Snack Sticks

Treats:

- Wonderfully Raw* Coco-rooms
- Hail Mary*
 - Coconut Macaroons
 - Miracle Tarts

Chocolate:

- Equal Exchange* 88% dark Chocolate
- Madecasse* 80% dark Chocolate
- Nativas* Cacao Powder & Cacao Nibs
- Sweet Riot* 85% dark Chocolate
- Theo Pure* 85% Chocolate
- Tazo* Chocolate

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