



# 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:

- Clover Honey
- NorCal Raw Honey
- Kirkland 100% Pure Maple Syrup

### Flours:

- Honeyville Blanched Almond Flour
- Nutiva Coconut Flour

### Nuts & Seeds:

- Bob's Red Mill Golden Flaxseed Meal
- Nutiva Chia Seeds

### Other:

- Arm & Hammer Baking Soda

## BEVERAGES

### Coffee:

- Coffee Bean & Tea Leaf Mexico Organic Coffee
- Kirkland House Blend Coffee
- Peet's Coffee Gaia Organic Blend
- San Francisco Bay Organic Rainforest Blend
- Seattle Mountain Coffee, Sumatra

### Water:

- Cascade Ice Sparkling Water
- Mineral water
  - Crystal Geyser
  - Perrier
  - San Pellegrino
- Coconut water
  - VitaCoco
  - Zitco

## BOOKS

- Practical Paleo
- Mediterranean Paleo Cooking

## DAIRY

### Butter:

- Kerrygold Butter
- Kirkland Organic Butter

### Cheese:

- Kerrygold Dubliner Cheese

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

## FRESH PRODUCE & REFRIGERATED ITEMS

- Organic & seasonal produce; conventional produce on the [Clean 15](#)
- Wholly Guacamole Organic Guacamole
- Wilcox Organic Hardboiled Eggs

## FRESH MEAT/POULTRY/SEAFOOD

### Red Meat:

- Great Range Ground Bison
- High Plains Bison NT Strip Steaks
- True Story Organic Uncured Grass-Fed Beef Hot Dogs
- Kirkland Lamb Rack or Leg (Boneless or Bone-In)
- Kirkland Organic Grass-Fed Ground Beef
- Kirkland Organic Ground Beef

### Poultry:

- Coleman Organic Chicken
  - Whole
  - Boneless
  - Skinless breasts
  - Thighs
  - Drumsticks

### Seafood:

- Kirkland Dungeness Crab (Cooked)
- Kirkland Halibut
- Kirkland King Crab Legs (Cooked)



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- Kirkland* Lobster Tails (Cooked)
- Kirkland* Wild Razor Clams
- Kirkland* Pacific Rockfish Fillet
- Trident* Wild Alaskan Smoked Salmon
- Kirkland* Wild Sockeye Salmon

## FROZEN

### Protein:

- American Organic*
  - Grass-Fed Beef
  - Filet Mignon
  - Ribeye Steaks
- Kirkland* Raw Tail-On Shrimp, Deveined
- Kirkland* Wild Alaskan Pro Cod
- Kirkland* Wild Alaskan Halibut
- Kirkland* Wild Caught Hake Loins
- Kirkland* Wild Mahi Mahi
- Kirkland* Wild Sockeye

### Fruit & Vegetables:

- Organic Frozen Berries, Mango, Strawberries, etc.
- Organic Frozen Vegetables

## GROCERY

### Seafood:

- Bear & Wolf* Wild Alaskan Pink Salmon
- Chicken of the Sea* Real Crab Meat
- Kirkland* Albacore (Solid White) Canned Tuna
- Kirkland* Wild Pacific Canned Salmon
- Seawatch* Chopped Sea Clams
- Wild Planet* Fish Products:
  - Albacore Tuna
  - Sardines

### Fruit:

- Dole* Pineapple Chunks

### Jarred/Canned:

- Maranatha* Creamy Almond Butter
- Musco Family Olive Co.* Pearls Extra Lg. Pitted California Ripe Olives
- Star* Nonpareil Capers
- Bella Sun Luci* Sun Dried Tomatoes

### Fats & Oils:

- Kirkland* Balsamic Vinegar
- California Olive Ranch* Olive Oil
- Chosen Foods* Avocado Oil
- Nanak* Pure Desi Ghee
- Nutiva* Coconut Oil

### Other:

- Kirkland* Organic Chicken Stock
- Kirkland* Organic Tomato Paste
- Kirkland* Organic Diced Tomatoes
- S&W* Organic Tomato Products
  - Tomato Sauce
  - Stewed Tomatoes
  - Tomato Paste
  - Whole Peeled Tomatoes

## SEASONINGS/SAUCES

### Seasonings:

- Kirkland* Minced Garlic

### Sauces:

- Tabasco* Sauce
- Kirkland* Marinara Sauce

## SNACKS/TREATS

### Fruit:

- Bare Fruit* Organic Fuji Apple Chips
- Hadley Deglet Noor* Dates
- Made in Nature* Dried Fruit
- Organic Applesauce Pouches
  - *Treetop*
  - *GoGo Squeeze*
- Kirkland* Calimyrna Figs
- Kirkland* Apricots
- Kirkland* Antioxidant Fusion
- Happy Squeeze* Organic Fruit/Veggie Chia Pouches
- SunMaid* Organic Raisins



**Chips:**

- Boulder Canyon Avocado Canyon Cut Sea Salt Potato Chips*

**Nuts & Seeds:**

- Galil Organic Cooked Shelled Chestnuts*
- GoRaw Sprouted Seeds*
  - Pumpkin Seeds
  - Sunflower Seeds
- Mauna Loa Macadamia Nuts*
- Wonderful Shelled Pistachios*

**Snacks:**

- Rickland Organics Organic Trail Mix*