

Sample Grocery List



PROTEINS

- Grass-fed Beef
- Organic Pasture-Raised Chicken
- Organic Pasture-Raised Eggs
- Grass-Fed Protein Powder
- Collagen Peptides
- Wild Caught Seafood
- Safe Catch Tuna

FRUITS & VEGGIES

In-season organic, when possible. Refer to the dirty dozen list when shopping non-organic.

- Green Beans
- Brussel Sprouts
- Broccoli
- Sweet Potato
- Potato
- Squash/Zucchini
- Leafy greens
- Carrots
- Asparagus
- Shallots
- Apples
- Berries
- Banana
- Lemon/Lime
- Beets
- Acai
- Dates

DRINKS

- Low Sugar Kombucha
- San Pellegrino Mineral Water
- Organic Coffee
- Teas
- Matcha

PASTA & GRAINS

- Jovial Organic Pasta
- Heart of Palm Pasta
- Sprouted Steel Cut Oats or Rolled Oats
- Organic Quinoa
- Organic White Rice
- Organic Lentils

DAIRY

- Organic Plain Greek Yogurt
- Organic Grass-Fed Milk
- Organic Plant Based Almond / Coconut Milk - without seed oils or additives
- Organic Cheeses

COOKING ESSENTIALS

- Apple Cider Vinegar
- Local Honey
- Almond, Cassava, and/or Wheat Flour
- Organic Cold-Pressed Olive Oil
- Organic Avocado Oil
- Coconut Oil
- Ghee
- Coconut Sugar
- Liquid Aminos
- Pure Maple Syrup
- Organic Bone Broth

HERBS, SPICES, CONDIMENTS

- Garlic Powder
- Onion Powder
- Paprika
- Mustard Powder
- Dijon Mustard
- Salt/Pepper
- Turmeric
- Primal Kitchen Avocado Mayo
- Siete Botana Sauce

NUTS/SEEDS

- Organic Almond/Peanut Butter
- Walnuts/Almonds/Pecans/Pistachios
- Chia Seeds
- Ground Flaxseed
- Sprouted Pumpkin Seeds

SNACKS/OTHER

- Organic Thrive buttery coconut oil
- Non-GMO Organic Popcorn Kernels
- IQ Bars
- Siete, Jackson's, or Boulder Canyon chips

