



## Grocery list

### PRODUCE:

- Fresh fruits and vegetables (organic when possible, especially if you eat the skin)
- Dips
  - Bitchin' sauce - all varieties (Pete's, Whole Foods, Costco)
  - Field and Farmer (Pete's)
  - Hummus - look for brands without additives (Cedars, some varieties of Sabra,
    - Trader Joe's Tabbouleh Style Hummus
    - Trader Joe's Organic Hummus
  - Simple Truth Plant Based Buffalo Cauliflower Dip (Mariano's)
  - Gotham Greens - Harissa, Chimichurri
- Pesto - Gotham Greens vegan or classic pesto (Pete's, Whole Foods)
- Tofu
- Tempeh (check for no sugar)
- Microgreens
- Kim Chi (check for no sugar)
  - Sinto Gourmet Kimchi - spicy red variety (Pete's)
  - Jongga Kimchi (Costco)

### PANTRY:

- Salad dressings:
  - Primal Kitchen - all varieties (Jewel, Mariano's, Pete's, Whole Foods)
  - Chosen Foods - all varieties (Mariano's, Pete's, Whole Foods)
  - Salad Girl - all varieties (Mariano's, Whole Foods)
  - Bragg - all varieties (Mariano's, Jewel, Whole Foods)
  - Vegan Creamy Dill Dressing (Trader Joe's)
  - Gotham Greens
- Cooking oils - cold pressed, organic when possible
  - Avocado oil
  - Extra Virgin Olive Oil
  - Coconut oil
  - Ghee - Organic, grass fed when possible
    - 4th and Heart Grass Fed ghee - (Mariano's, Pete's, Whole Foods)
- Ketchup (check for sugar):
  - Simple Truth Organic No Sugar Added Ketchup (Mariano's)

- Primal Kitchen (Jewel, Mariano's, Pete's, Whole Foods)
- Mayonnaise:
  - Primal Kitchen - all varieties (Jewel, Mariano's, Pete's, Whole Foods)
  - Chosen Foods (Mariano's, Pete's, Whole Foods)
  - Tessemae's Organic (Whole Foods)
  - Sir Kensington's Avocado Oil Mayonnaise - other varieties have added sugar (Costco, Mariano's, Whole Foods)
- Mustard:
  - Simple Truth Organic Dijon (Mariano's)
  - 365 Organic Dijon Mustard (Whole Foods)
  - Whole Foods Market Traditional Dijon Mustard
  - Primal Kitchen (Jewel, Mariano's, Pete's, Whole Foods)
  - Most yellow mustard is challenge friendly!
- Hot Sauce:
  - Cholula Original
  - Louisiana Hot Sauce
  - Franks Red Hot
  - Tabasco
  - Siete Foods (Mariano's, Pete's, Whole Foods)
  - Yellowbird Organic Line - Sriracha, Habanero, Serrano (Whole Foods)
- Nut Butters:
  - Natural no sugar added nut butters (organic when possible)
- Jam:
  - St. Dalfour (Whole Foods)
  - Crofter's Organic Fruit Spread (Pete's, Whole Foods)
  - Chia Smash (Pete's, Whole Foods)
- Beans (avoid additives, low sodium when possible)
  - Simple Truth Organic Beans - all varieties (Mariano's)
  - 8 Track Organic Beans - all varieties (Whole Foods)
  - O Organics Bean - all varieties (Jewel)
  - La Preferida Organic Refried Beans (Pete's, Whole Foods)
    - These have the least sodium content and most simple ingredients
- Soy Sauce:
  - San J Gluten Free Tamari 50% Less Sodium (Pete's, Whole Foods)
  - Coconut Aminos
- Taco Seasoning:
  - Siete Foods (Mariano's, Pete's, Whole Foods)
  - La Preferida Organic Taco Seasoning (Jewel, Mariano's)
  - La Preferida Organic Al Pastor Seasoning (Jewel, Mariano's)
- Buffalo Sauce:
  - Primal Kitchen (Jewel, Mariano's, Pete's, Whole Foods)
- Coconut Milk:
  - Native Forest Organic Coconut Milk - Simple variety has no added stabilizers

- Most brands of unsweetened coconut milk are challenge friendly
- Simmer Sauce:
  - Maya Kaimal Madras Curry Medium Indian Simmer Sauce (Jewel, Mariano's, Whole Foods)
  - Trader Joe's Masala Simmer Sauce
  - Mina Harissa (Jewel, Mariano's, Whole Foods)
  - Jarred curry paste (check for no sugar added. Many varieties available at Whole Foods)
- Baking Mixes:
  - Pamela's baking and pancake mix (Pete's, Whole Foods)
  - Pamela's cornbread and muffin mix (Pete's)
  - Simple Mills - all varieties except brownie mix (Jewel, Mariano's, Pete's, Whole Foods)
  - Birch Benders Keto
  - Bob's Red Mill Paleo Pancake and Waffle Mix (Mariano's, Whole Foods)
  - Purely Elizabeth Grain Free Pancake Mix (Whole Foods)
- Chocolate Chips:
  - Cacao chips (Trader Joe's, Whole Foods)
  - Hu (online - Amazon or Hu website)
- Pasta sauce:
  - Rao's - all varieties (Costco, Jewel, Mariano's, Pete's, Whole Foods)
  - Simple Truth Organic - all varieties except pesto (Mariano's)
  - 365 by Whole Foods
- Broth (check for no sugar):
  - Bone broth
  - 365 Organic low sodium chicken broth
  - Pacific Foods Organic Low Sodium Vegetable Broth (Pete's, Whole Foods)
  - Kettle and Fire bone broth (Mariano's, Whole Foods)
- Other:
  - Nutritional yeast flakes
  - Hemp seeds
  - Flax seeds
  - Chia seeds
  - Lentils
  - Jackfruit in brine - can use as a meat substitute in tacos and other dishes (Trader Joe's, Whole Foods)

**MEAT: wild caught, organic, pasture raised, grass fed when possible**

- 90%+ lean ground beef
- Lean ground turkey
- Chicken
- Pork
- Bacon, uncured, no sugar added
  - North Country Smokehouse, Organic Sugar Free Uncured Bacon (Whole Foods)

- Simple Truth No Sugar Uncured Hardwood Smoked Bacon (Mariano's)
- Wild Caught Fish
- Eggs - pasture raised, certified humane when possible

**DAIRY/DAIRY ALTERNATIVES:**

- Milk - organic, grass fed when possible (A2 milk is better digestible)
- Yogurt - plain whole milk organic, grassfed is best
  - Stonyfield Farm Greek Grassfed
  - Siggi Plain
- Non-Dairy yogurt
  - GTs Coconut Yogurt (Pete's, Whole Foods)
  - Culina Coconut Yogurt
  - Lavva Yogurt (Fresh Thyme)
  - Forager plain yogurt
- Cottage cheese - grassfed is best, avoid stabilizers when possible
  - Good Culture organic (Mariano's, Pete's, Whole Foods)
  - Kalona (Whole Foods)
- Cream Cheese
  - Organic Valley (good)
  - Green Valley Lactose Free (better) (Mariano's, Pete's, Whole Foods)
  - Non-dairy Cream Cheese - Mykonos, Kite Hill
- Non-dairy milk - check for added sugar, oil, preservatives, gums
  - Malk unsweetened Almond milk or Oat milk (Whole Foods)
  - Ripple unsweetened original (Jewel, Mariano's, Pete's, Whole Foods)
  - Elmhurst - almond, cashew (Pete's, Whole Foods)
  - Lavva plant milk (Whole Foods)
- Non-dairy creamer:
  - NutPods coffee creamer - Original unsweetened (Pete's, Whole Foods)
  - Picnik collagen creamer - has some natural flavors but in small amounts (Whole Foods)
  - Sown (Whole Foods)
- Cheese - organic when possible, shred your own cheese when possible to avoid additives

**FROZEN:**

- Veggie burgers
  - Dr. Praeger's - all varieties
  - Hilary's - all varieties (Pete's, Whole Foods)
- Burgers
  - Applegate organic turkey burgers
  - Trader Joe's turkey burgers
  - Trident salmon burgers (Costco, Target)
- Sweet Potatoasts (Pete's, Whole Foods)
- Brazi Bites - savory flavors (Jewel, Pete's, Whole Foods)

- Frozen veggies
- Frozen fruit (check for no added sugar)

**GRAINS:** organic when possible

- Ancient grains:
  - Farro
  - Quinoa
  - Barley
  - Wild rice
  - Brown rice
  - Black rice
  - Amaranth
  - Bulgur wheat
  - Oatmeal
    - Unflavored - rolled oats, steel cut oats
    - Purely Elizabeth oat cups
    - Mush overnight oat cups (refrigerated section Jewel, Mariano's, Pete's, Whole Foods)
  - Buckwheat cereal
  - Teff
- Pasta:
  - Jovial - all varieties (Jewel, Mariano's, Whole Foods)
  - Banza (Costco, Jewel, Mariano's, Whole Foods)
  - Whole wheat pasta varieties
  - Whole Foods Chickpea pasta varieties
  - Tolerant Brand pasta varieties (Mariano's, Whole Foods)
  - Bob's Red Mill Whole Wheat pearl couscous (Mariano's)
- Bread:
  - Ezekiel Bread - all varieties
  - Whole Foods Seeduction (loaf, not pan)
  - Whole Foods Ancient Grain loaf
  - Whole Foods Raisin Pecan bread
  - Unbun Unbread, keto GF (Pete's, Whole Foods)
  - One Degree bread - all varieties (Whole Foods)
  - Dave's Killer Bread Powerseed variety (I've only found at Fresh Thyme)
- Rice Ramen (Costco, Mariano's, Pete's, Whole Foods)
- Bread Alternatives:
  - Siete Almond Flour Tortillas (Costco, Mariano's, Whole Foods)
  - Siete Grain Free taco shells (Mariano's, Pete's, Whole Foods)
  - Egglife Everything bagel or original egg white wraps (Pete's)
- Granola:
  - Purely Elizabeth - all varieties
  - Blue Stripes Whole Cacao Granola

- Cereal:
  - Purely Elizabeth - Honey Vanilla Cinnamon and Honey Peanut Butter
  - Cascadian Farm No Sugar Added - several flavor varieties (Whole Foods, Costco)

**SNACKS:**

- Chips
  - Tortilla
    - From The Ground Up (Jewel, Mariano's, Pete's, Whole Foods)
    - Siete Foods - all varieties (Jewel, Mariano's, Pete's, Whole Foods)
    - Simple Truth Organic Corn Tortilla Chips - blue, white, yellow (Mariano's)
    - 365 Organic chips
    - Frontera
    - Garden of Eatin
  - Barnana Organic Plantain Chips Himalayan Sea Salt and Salt and Vinegar (Jewel, Mariano's, Pete's, Whole Foods)
- Crackers
  - Mary's Gone Crackers (Jewel, Mariano's, Pete's, Whole Foods)
  - Simple Mills (Jewel, Mariano's, Pete's, Whole Foods)
  - From the Ground Up (Jewel, Mariano's, Pete's, Whole Foods)
  - Everybody Eat - all varieties (Mariano's, Whole Foods)
  - Hu
- Dang Lightly Salted coconut strips
- Brad's Kale Chips (Whole Foods) - many other varieties have added sugar
- From the Ground Up pretzels and cauliflower stalks (Jewel, Mariano's, Pete's, Whole Foods)
- Nuts - avoid flavored nuts (e.g. chili nuts, honey roasted, etc)
- Dried fruit (check for no sugar - most varieties of cranberries and cherries have sugar)
- Popcorn - Lesser Evil Himalayan Sea Salt, Trader Joe's Olive Oil and Sea Salt

**BEVERAGES:**

- Sparkling water
  - Spindrift
  - Pelligrino
- Suja Immunity Boost (Costco)
- Vive Immunity Boost (Jewel, Mariano's, Target)
- Trader Joe's Organic Juice Shots
- GT's Kombucha - Synergy Line (Jewel, Mariano's, Pete's, Whole Foods)
  - Most kombuchas have added sugar
- Herbal tea (check for no stevia)
- Protein
  - Collagen
    - Vital Proteins Unflavored (Jewel, Mariano's, Pete's, Whole Foods)

- Ancient Nutrition Collagen Powder Protein with Probiotics (Amazon, Whole Foods)
- Orgain Simple Organic Plant Protein Powder (Costco, Whole Foods)
- Non-Alcoholic Cocktails
  - Curious Elixirs - purchase from website (contact Jess for discount code)
  - Seedlip (Binny's)
  - Ghia - purchase from website
- Alcoholic beverages without sugar
  - Flying Embers Hard Kombucha (Binny's, Fresh Thyme)
  - High Noon
  - Onda Tequila Cocktails

**SWEET TREATS:**

- Fronen (Jewel, Mariano's, Pete's Whole Foods)
- Sweet Nothings (Pete's)
- Hu Chocolate Bars (Jewel, Mariano's, Pete's, Whole Foods)