



Grocery List



Fruit

Apple
Apricot
Banana
Blackberries
Blueberries
Cantaloupe
Cherries
Fig
Grapes
Honeydew
Kiwi
Mango
Nectarine
Oranges
Peaches
Pears
Pineapple
Plums
Pomegranate
Raspberries
Strawberries
Watermelon

Vegetables

Artichokes
Asparagus
Beets
Bok Choy
Brussel Sprouts
Broccoli
Butternut Squash
Cucumbers
Carrots
Cauliflower
Celery
Eggplant
Garlic
Greens (arugula, kale,
romaine, spinach, etc.)
Green Beans
Mushrooms
Onion
Spaghetti Squash
Sweet Potatoes
Tomatoes
Zucchini

***When possible, choose organic.*

Nuts, Seeds & Nut Butters

Almonds

Almond butter

(only ingredient should be almonds)

Brazil Nuts

Cashews

Chia Seeds

Flax Seeds

Peanut Butter

(only ingredient should be peanuts)

Pecans

Pine Nuts

Pistachios

Pumpkin Seeds

Sunflower Seeds

Tahini

Walnuts

**once open, store in
fridge.*

Herbs & Spices

Basil

Bay Leaf

Cardamom

Cayenne Pepper

Chili Powder

Cilantro

Cinnamon

Cloves

Coriander

Cumin

Curry

Garlic Powder

Herbs De Provence

Mint

Onion Powder

Onion Salt

Oregano

Paprika

Peppercorns

Turmeric

Thyme

Legumes & Fats & Oils

Grains

Black Beans

Chickpeas

Kidney Beans

Lentils

Oats

Rice (brown, white)

Quinoa

Avocado

Avocado Oil

Butter

Coconut Oil

Extra Virgin Olive
Oil (cold-pressed)

Ghee (grass-fed)

Nut Butters

Salmon

Sesame Oil

Condiments

Apple Cider Vinegar

Balsamic Vinegar

Coconut Aminos

Fish Sauce

Hot Sauce

Mayonnaise

Mustard

Siracha

Red Wine Vinegar

Baking

Almond Flour

Arrowroot Flour

Coconut Flour

Chocolate Chips

Dark Chocolate

Honey

Maple Syrup

(organic)

Oat Flour

Canned &

Jarred

Artichoke Hearts

Coconut Milk

(full fat)

Coconut Cream

Capers

Chickpeas

Lentils

Olives

Pumpkin

Salmon, wild caught

Tahini

Tomatoes

Tomato Paste

Tomato Sauce

Tuna, wild caught

Sundried Tomatoes

Meat

Bacon

Grass-fed Beef

Grass-fed Bison

Organic Chicken

Organic Chicken

Sausage

Organic Turkey

Seafood

Wild Caught

Cod

Halibut

Mahi Mahi

Salmon

Scallops

Shrimp

Tuna

Protein Powder

Collagen

Plant Based

Eggs & Dairy

Almond Milk

(unsweetened)

Coconut milk

Eggs

(pasture-raised)

Grass-fed butter

Oat milk

Soy milk

Yogurt

(unsweetened full fat)

Yogurt

(unsweetened, non-dairy)

Frozen

Organic Berry Medley

Organic Dark Cherries

Organic Fruit Blend

(peaches, pineapple,
mango)

Organic Vegetables

***When possible, choose
organic.*

Costco

Hemp Hearts
Kirkland Maple Syrup
Kirkland Almond Flour
Kirkland Almond Milk
(unsweetened/unsweetened
vanilla)
Kirkland Organic Almond
Butter
Kirkland Organic Hummus
Kirkland Organic Peanut
Butter
One Degree Oatmeal
Organic Frozen Berry
Medley
Organic Frozen Blueberries
Organic Dark Cherries
Organic Chia Seeds
Organic Frozen Mixed Fruit
Organic Pasta
Organic Raw Nuts
Pink Himalayan Salt
Rao's Pasta Sauce
Simple Mills Crackers
Vital Proteins Collagen
Peptides

Trader Joe's

Cassava Tortilla Chips
Coconut Tortilla Chips
Chia Seeds
Cauliflower Gnocchi
Chomps
Coconut Aminos
Coconut Cream
Coconut Milk
Flax Seeds
Go Macro
Hemp Seeds
Grass-fed Beef
Nuts
Organic Creamy Peanut
Butter
Organic Almond Butter
Organic Chicken
Organic Hummus (multiple
flavors)
Olive oil (cold-pressed)
Organic Quinoa

Thrive Market

Annie's
California Olive Ranch,
EVOO
Chomps
Fourth & Heart Ghee
Go Macro
Mary's Crackers
Primal Kitchen Mayo
(avocado oil)
Primal Kitchen Salad
Dressings
Primal Kitchen Collagen Fue
Simple Mills Crackers
Thrive Grains (sprouted)
Thrive Pasta (rice based)
Thrive Oat Flour
Thrive Spices
Thrive Chia Seeds
Thrive Organic Stevia
Wild Planet Albacore Tuna

Butcher's

Milk House Meats
Weatherbury Farm

Whole Foods

Annie's
Banza Pasta
Banza Pizza
Califia Farms
(dairy-free milk)
California Olive Ranch
(EVOO)
Cava Hummus
Grass-fed Beef
Hu Kitchen
Jovial Sauce
Jovial Noodles
Mary's Crackers
Oat Milk (Malk)
Organic Chicken
Primal Kitchen (all products)
Primal Kitchen Avocado Oil
Siete Tortillas
Siete Chips
Siete Salsa
Siete Cookies
Simple Mills Crackers
Vital Farms Eggs

