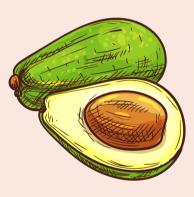


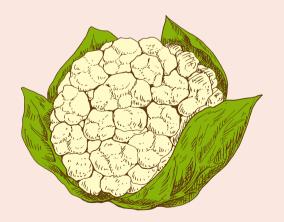




# Grocery List







## Fruit

# Vegetables

Apple

Apricot

Banana

Blackberries

Blueberries

Cantaloupe

Cherries

Fig

Grapes

Honeydew

Kiwi

Mango

Nectarine

Oranges

Peaches

Pears

Pineapple

Plums

Pomegranate

Raspberries

Strawberries

Watermelon

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

<sup>\*\*</sup>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 &

larred

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

