

Grocery Staples



PROTEINS

We don't have local wild caught seafood near us, but seafood is a great option as well!

- Grass-fed Beef
- Organic Pasture-Raised Chicken
- Organic Pasture-Raised Eggs
- Grass-Fed Protein Powder
- Collagen Peptides

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
- Spinach & other leafy greens
- Carrots
- Asparagus
- Shallots
- Apples
- Blueberries
- Banana

DRINKS

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

DAIRY

- Organic Plain Greek Yogurt
- Organic Grass-Fed Milk
- Organic Plant Based Almond / Coconut Milk
- Organic Cheeses

COOKING ESSENTIALS

- Apple Cider Vinegar
- Local Honey
- Almond Flour
- Cassava Flour
- Organic, Cold-Pressed Olive Oil
- Organic Avocado Oil
- Coconut Oil
- Ghee
- Coconut Sugar
- Lemon / Lime

HERBS, SPICES, CONDIMENTS

- Garlic Powder
- Onion Powder
- Paprika
- Dijon Mustard
- Salt/Pepper
- Turmeric
- Coconut Aminos

OTHER

- Organic Almond Butter
- Walnuts
- Almonds
- Pecans
- Sprouted Pumpkin Seeds
- Jovial Organic Grain-Free Cassava Pasta

