



REAL FOOD SHOPPING LIST

by Diane SANFILIPPO



This list is only a partial compilation of recommended products and brands. Please remember to always check labels for undesirable ingredients if you find a product in your local store that we may have unintentionally left out.*

BAKING STAPLES

Sweeteners:

- Simply Nature*
 - Organic Wildflower Honey
 - Organic Fair Trade Cane Sugar

Nuts & Seeds:

- Southern Grove* (check labels, some varieties have non-Paleo ingredients added)
 - Whole, Sliced and Slivered Almonds
 - Flax Seeds
 - Chia Seeds
 - Roasted & Salted Pistachios
 - Shelled Pistachios with Sea Salt
 - Shelled & Chopped Walnuts
 - Chopped & Halved Pecans
 - Pine Nuts
 - Dried Coconut

Chocolate:

- Baker's Corner* Baking Cocoa
- Baker's Corner* Pure Baking Soda

Other:

- Stonemill Essentials* Pure Vanilla Extract

BEVERAGES

Coffee:

- Barissimo Fair Trade Ground Coffee
- Simply Nature Organic Fair Trade K-Cups

Tea:

- Benner*
 - Green Tea
 - Green Tea Lemon & Ginseng
 - Classic Blend Black Tea

Other:

- Simply Nature* Organic Unsweetened Almond Milk
- Martinelli's* Sparkling Cider

DAIRY

Cheese:

- Specially Selected* Plain Goat Cheese
- Simply Nature* Organic Cheeses

Yogurt:

- Simply Nature* Organic Whole Milk Yogurt

Note: butter & cheese brands are supplied if you know you tolerate them well—you may also choose to [clarify your butter](#).

FRESH PRODUCE & REFRIGERATED ITEMS

Produce:

- Organic & seasonal produce; conventional produce on the **Clean 15**

Other:

- Simply Nature* Organic
 - Baby Arugula
 - Baby Spinach
 - Spring Mix
- Little Salad Bar*
 - Pico de Gallo
 - Spicy Guacamole

FRESH MEAT/POULTRY/SEAFOOD

Red Meat:

- Simply Nature* Organic 100% Grass-Fed Ground Beef

Poultry:

- *Kirkwood* "Never Any" Whole Chicken and Breasts

Seafood:

- Specially Selected* Cold Smoked Salmon

Eggs:

- Simply Nature* Organic Cage Free Eggs



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FROZEN

Protein:

- Sea Queen*
 - Wild Caught Pink Salmon Fillets Skin-on or Skinless

Fruits & Vegetables

- Season's Choice*
 - Winter Blend
 - California Mix
 - Broccoli Stir Fry
 - Broccoli Florets
 - Green Beans
 - Baby Brussels Sprouts
 - Smoothie Cut Fruit Blends
 - Berry Medley
 - Blueberries
- Simply Nature*
 - Organic Strawberries
 - Organic Blueberries
- Daily Basics*
 - Cut Broccoli

GROCERY

Seafood:

- Northern Catch* Wild Alaska Pink Salmon

Fruit

- Dole*
 - Pineapple Tidbits
- Lunch Buddies*
 - Tropical Fruit
 - Pineapple Tidbits
 - Diced Yellow Cling Peaches with 100% Juice
 - Diced Pears
- Simply Nature Organic* Unsweetened Apple-sauce
- Sweet Harvest*
 - Pineapple Slices
 - Peach Slices

Jarred & Canned:

- Casa Mamita* Mild Salsa
- Specially Selected* Medium Garlic Salsa
- Baker's Corner* Canned Pumpkin
- Pueblo Lindo* Whole Olives
- Simply Nature*
 - Organic Marinara and Tomato Basil Sauces
 - Organic Diced Tomatoes
 - Organic Tomato Sauce
- Happy Harvest*
 - Sliced Carrots
 - Sliced Beets
 - Leaf Spinach

Fats & Oils

- Simply Nature Organic* Coconut Oil
- Carlini* Extra Virgin Olive Oil

SEASONINGS/SAUCES

Condiments:

- Simply Nature Organic* Ketchup
- Burman's* Yellow Mustard and Spicy Brown Mustard

Seasonings:

- Stonemill Essentials* Sea Salt Grinder and Black Pepper (avoid other seasonings due to oils and additives)

SNACKS/TREATS

Fruit Based:

- Southern Grove* California Raisins
- Simply Nature* Twisted Fruit Ropes
- Simply Nature* Squeezable Fruit Blends

Chips:

- Simply Nature*
 - Vegetable Chips Exotic Blend
 - Sweet Potato Chips

Nuts & Seeds

- Wonderful* Roasted & Salted Pistachios
- Southern Grove* Roasted & Salted Sunflower Seeds



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BAKING STAPLES

Sweeteners:

- Earth's Pride Organics*
 - Organic Coconut Palm Sugar
 - 100% Maple Syrup

Flours:

- Earth's Pride Organics* Organic Coconut Flour

Nuts, Seeds & Nut Butters:

- Barney Butter* Almond Butter
(contains evaporated cane juice and palm fruit oil)
- USA* Golden Flax

BEVERAGES

Coffee:

- Earth's Pride*
 - Organics 100% Arabica Ground
 - Organics Sumatra Estate
- K-Cup packs
 - *Newman's Own Organics* Special Blend
 - *San Francisco Bay* 100% Organic Rainforest Blend

Water:

- Mineral Water
 - *San Pellegrino* Bottled Water
 - *Perrier* Bottled Water
 - *Various* Bottled Water

BOOKS

- Practical Paleo*

DAIRY

Butter:

- Organic Butter
- Kerrygold* Butter

Note: butter & cheese brands are supplied if you know you tolerate them well—you may also choose to clarify your butter.

Cheese:

- Kerrygold* Dubliner Cheese
- Chevrine* Crumbled Goat Cheese

FRESH PRODUCE & REFRIGERATED ITEMS

- Organic & seasonal produce; conventional produce on the Clean 15
- Wholly Guacamole*
 - Classic Guacamole
 - Guacamole Minis

Eggs:

- Earth's Pride Organics* Pete & Gerry's Organic Eggs

FRESH MEAT/POULTRY/SEAFOOD

Red Meat:

- Great Range* Premium Ground Bison
- Cedar Springs* Natural Ground Lamb

Pork:

- Vermont Smoke and Cure* Uncured Bacon

Poultry:

- Earth's Pride Organics* Chicken Breast

Deli Meat & Sausages:

- Applegate Naturals*
 - Uncured Black Forest Ham
 - Uncured Smoked Turkey Breast
 - Uncured Slow Cook Ham
 - Uncured Genoa Salami
 - Uncured Beef Hotdogs
 - Uncured Sunday Bacon
 - Uncured Turkey Hot Dogs

* Not all items are part of the 21-Sugar Detox (21DSD) Yes/No list. If shopping for 21DSD, use the recommended products & brands list on p. 224 of the 21DSD.



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FROZEN

Fruits & Vegetables:

- Organic vegetables & vegetable blends
- Organic fruit
- Earth's Pride Organics*
 - Tropical Fruit Blend
 - Triple Berry Blend
 - Peas
- Quirch*
 - Maduros (frozen sweet plantains in palm oil)
 - Yucca (frozen, peeled yucca)

Proteins:

- Berkley & Jensen*
 - Wild caught Swordfish steaks
 - Wild caught Ahi Tuna steaks
 - Wild caught Mahi Mahi loins
 - Wild caught Pacific Cod fillets
 - Wild caught Raw Sea Scallops
- Orca Bay*
 - Wild caught Sockeye Salmon fillets
 - Wild caught King Crab Legs
 - Wild caught Flounder

GROCERY

Fruit:

- BuddyFruit* Applesauce pouches (not organic)

Jarred/Canned:

- Berkley & Jensen*
 - Hearts of Palm
 - Artichoke Hearts
- Muir Glen* organic whole peeled Tomatoes
- Tassos* pitted Kalamata Olives

Fats & Oils:

- Better Body Foods* organic Extra Virgin Coconut Oil
- Rozzano* organic Extra Virgin Olive Oil
- Season Brand* wild caught Sardines in Olive Oil

Other:

- Earth's Pride Organics* Low Sodium Chicken Broth

SEASONINGS/SAUCES

Seasonings:

- Earth's Pride* Seasoning & Spices
 - All Natural Sea Salt
 - Thyme
 - Italian Seasoning
 - Garlic & Sea Salt
 - All Natural Himalayan Pink Salt
 - Black Pepper
 - Crushed Red Pepper
 - Parsley
 - Rosemary
 - Oregano
 - Basil
 - Saigon Cinnamon
 - Cumin

SNACKS/TREATS

Chips:

- Wellsley Farms* Plantain Chips

Fruit:

- Carmel Naturel* Fresh Medjool Dates
- Organic by Mariani* Calimyrna Figs

Nuts & Seeds:

- Green Valley Pecan Company* Pecans
- Terrafina* Cashews in the Raw
- Terrafina* Almonds in the Raw



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BAKING STAPLES

Sweeteners:

- Clover Honey
- NorCal Raw Honey
- Kirkland 100% Pure Maple Syrup

Flours:

- Honeyville Blanched Almond Flour
- Nutiva Coconut Flour

Nuts & Seeds:

- Bob's Red Mill Golden Flaxseed Meal
- Nutiva Chia Seeds

Other:

- Arm & Hammer Baking Soda

BEVERAGES

Coffee:

- Coffee Bean & Tea Leaf Mexico Organic Coffee
- Kirkland House Blend Coffee
- Peet's Coffee Gaia Organic Blend
- San Francisco Bay Organic Rainforest Blend
- Seattle Mountain Coffee, Sumatra

Water:

- Cascade Ice Sparkling Water
- Mineral water
 - Crystal Geyser
 - Perrier
 - San Pellegrino
- Coconut water
 - VitaCoco
 - Zitco

BOOKS

- Practical Paleo
- Mediterranean Paleo Cooking

DAIRY

Butter:

- Kerrygold Butter
- Kirkland Organic Butter

Cheese:

- Kerrygold Dubliner Cheese

Note: butter & cheese brands are supplied if you know you tolerate them well—you may also choose to [clarify your butter](#).

FRESH PRODUCE & REFRIGERATED ITEMS

- Organic & seasonal produce; conventional produce on the [Clean 15](#)
- Wholly Guacamole Organic Guacamole
- Wilcox Organic Hardboiled Eggs

FRESH MEAT/POULTRY/SEAFOOD

Red Meat:

- Great Range Ground Bison
- High Plains Bison NT Strip Steaks
- True Story Organic Uncured Grass-Fed Beef Hot Dogs
- Kirkland Lamb Rack or Leg (Boneless or Bone-In)
- Kirkland Organic Grass-Fed Ground Beef
- Kirkland Organic Ground Beef

Poultry:

- Coleman Organic Chicken
 - Whole
 - Boneless
 - Skinless breasts
 - Thighs
 - Drumsticks

Seafood:

- Kirkland Dungeness Crab (Cooked)
- Kirkland Halibut
- Kirkland King Crab Legs (Cooked)



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- Kirkland* Lobster Tails (Cooked)
- Kirkland* Wild Razor Clams
- Kirkland* Pacific Rockfish Fillet
- Trident* Wild Alaskan Smoked Salmon
- Kirkland* Wild Sockeye Salmon

FROZEN

Protein:

- American Organic*
 - Grass-Fed Beef
 - Filet Mignon
 - Ribeye Steaks
- Kirkland* Raw Tail-On Shrimp, Deveined
- Kirkland* Wild Alaskan Pro Cod
- Kirkland* Wild Alaskan Halibut
- Kirkland* Wild Caught Hake Loins
- Kirkland* Wild Mahi Mahi
- Kirkland* Wild Sockeye

Fruit & Vegetables:

- Organic Frozen Berries, Mango, Strawberries, etc.
- Organic Frozen Vegetables

GROCERY

Seafood:

- Bear & Wolf* Wild Alaskan Pink Salmon
- Chicken of the Sea* Real Crab Meat
- Kirkland* Albacore (Solid White) Canned Tuna
- Kirkland* Wild Pacific Canned Salmon
- Seawatch* Chopped Sea Clams
- Wild Planet* Fish Products:
 - Albacore Tuna
 - Sardines

Fruit:

- Dole* Pineapple Chunks

Jarred/Canned:

- Maranatha* Creamy Almond Butter
- Musco Family Olive Co.* Pearls Extra Lg. Pitted California Ripe Olives
- Star* Nonpareil Capers
- Bella Sun Luci* Sun Dried Tomatoes

Fats & Oils:

- Kirkland* Balsamic Vinegar
- California Olive Ranch* Olive Oil
- Chosen Foods* Avocado Oil
- Nanak* Pure Desi Ghee
- Nutiva* Coconut Oil

Other:

- Kirkland* Organic Chicken Stock
- Kirkland* Organic Tomato Paste
- Kirkland* Organic Diced Tomatoes
- S&W* Organic Tomato Products
 - Tomato Sauce
 - Stewed Tomatoes
 - Tomato Paste
 - Whole Peeled Tomatoes

SEASONINGS/SAUCES

Seasonings:

- Kirkland* Minced Garlic

Sauces:

- Tabasco* Sauce
- Kirkland* Marinara Sauce

SNACKS/TREATS

Fruit:

- Bare Fruit* Organic Fuji Apple Chips
- Hadley Deglet Noor* Dates
- Made in Nature* Dried Fruit
- Organic Applesauce Pouches
 - *Treetop*
 - *GoGo Squeeze*
- Kirkland* Calimyrna Figs
- Kirkland* Apricots
- Kirkland* Antioxidant Fusion
- Happy Squeeze* Organic Fruit/Veggie Chia Pouches
- SunMaid* Organic Raisins



Chips:

- Boulder Canyon Avocado Canyon Cut Sea Salt Potato Chips*

Nuts & Seeds:

- Galil Organic Cooked Shelled Chestnuts*
- GoRaw Sprouted Seeds*
 - Pumpkin Seeds
 - Sunflower Seeds
- Mauna Loa Macadamia Nuts*
- Wonderful Shelled Pistachios*

Snacks:

- Rickland Organics Organic Trail Mix*



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BAKING STAPLES

Sweeteners:

- Naturoney Organic Honey
- Kirkland Canada No. 1 Medium Maple Syrup

Flours:

- Sunblest Almond Flour

Chocolate:

- Rodelle Gourmet Baking Cocoa

Other:

- Arm & Hammer Baking Soda
- Kirkland Maple Butter

BEVERAGES

Coffee:

- Cameron's Organic French Roast Coffee
- Kirkland Fair trade house blend coffee
- Kirkland Fair trade Espresso blend coffee
- Zavida Organic Whole Bean Coffee

Water:

- Cascade Ice Sparkling Water
- Mineral water
 - Galvannia
 - Perrier
 - San Pellegrino
- Coconut water
 - VitaCoco

DAIRY

Butter:

- L'Ancetre Organic
- Stirling Creamery (small batch)

Ghee:

- Kissan

Yogurt:

- Good Mood Farm Kefir
- Liberte Organic

Milk:

- Natrel Organic

Cheese:

- Grande Cheese grated Parmesan

Note: butter & cheese brands are supplied if you know you tolerate them well—you may also choose to clarify your butter.

FRESH PRODUCE & REFRIGERATED ITEMS

- Organic & seasonal produce; conventional produce on the Clean 15

FRESH MEAT/POULTRY/SEAFOOD

Eggs:

- Kirkland Organic

Red Meat:

- Kirkland "Frenched" Lamb Rack
- Kirkland Leg of Lamb
- Kirkland Organic Lean Ground Beef

Poultry:

- Kirkland Organic Whole Chicken

Seafood:

- Kirkland Atlantic Salmon Fillets (farmed)
- Kirkland Dom Smoked Salmon
- Kirkland Dom Smoked Steelhead
- Kirkland Fresh Pacific Willapoint Oysters
- Kirkland Rainbow Trout (farmed)
- Kirkland Shrimp (farmed)
- Kirkland Tilapia Fillets (farmed)
- Kirkland Wild Atlantic Cod Fillets
- Kirkland Wild Haddock Fillets
- Kirkland Wild Yellow Fin Tuna Steaks

Deli Meat & Sausages:

- Fratelli Beretta Prosciutto Italiano
- Vignola Castle Prosciutto
- Brandt Kolbassa Sausage



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FROZEN

Protein:

- Smoked Coho* Salmon
- Olivia* Scallops
- Diamond Harvest* Raw Shrimp
- Kirkland* Raw Shrimp
- Royal Harbour* Rainbow Trout Fillets
- Olivia Sole* Fillets
- Purepac Pickerel* Fillets
- New Zealand* Spring Lamb
- Maple Leaf Prime* Turkey raised without antibiotics

Fruit & Vegetables:

- Columbia Fruit Organic* Blackberries
- Kirkland*
 - Pineapple Chunks
 - Strawberries
 - Cranberries
- Moov Wild* Blueberries
- Nature's Touch* Organic Green Beans

GROCERY

Seafood:

- Millionaire's* Sardines in Oil
- Ocean's*
 - Albacore (Solid Light) Canned Tuna
 - Chunk Light Canned Tuna
 - Flaked White Canned Tuna
 - Smoked Canned Oysters
 - Wild Sockeye Canned Salmon
 - Wild Pink Canned Salmon
- Pastene* Light Canned Tuna in Oil
- Rio Mare* Canned Tuna in Olive Oil

Jarred & Canned:

- Jarred Artichoke Hearts
- Kirkland* Organic Canned Tomato Products:
 - Diced Tomatoes
 - Tomato Paste
 - Tomato Sauce
 - Marinara Sauce

- San Marzano* Tomato
 - Canned Sauce
 - Whole Peeled Canned Tomatoes

Fats & Oils:

- Chosen Foods* Avocado Oil
- Coconut Oil
 - *Nutiva*
 - *Le Tourangelle*
 - *Organic Sun*
- Olive Oil
 - *Kirkland*
 - *Terra Delyssa*

SEASONINGS/SAUCES

Vinegars & Fermented Items:

- Balsamic vinegar
 - *Bio*
 - *Kirkland*

Seasonings:

- Kirkland* Minced garlic
- Montosco* Spice and Pink Salt/Sea Salt Grinder

Sauces:

- Maille* Dijon Originale Mustard
- Tabasco Sauce missing

SNACKS/TREATS

Fruit:

- Fruit d'Or* Organic Berry Trio
- Kirkland* Dried Blueberries
- Kirkland* Dried Cherries
- Kirkland* Pitted Prunes
- Naturally* Delicious Dried Mango
- Nature's Touch* Dried Mango
- Prana* Organic Dried Pineapple
- Rockwell's* Organic Toasted Coconut Chips
- Rickland Organics* Organic Trail Mix
- SunMaid* Organic Raisins
- Martin's* Crispy Apple Chips



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Nuts & Seeds:

- Basse*
 - Macadamia Nuts
 - Sliced Almonds
- Kirkland Pistachios*
- Kirkland Walnuts*
- Kirkland Pecan Halves*
- Wonderful Shelled Pistachios*

Chocolate:

- Petites Suisses Dark Chocolate 72%*
- Prana Kilimanjaro Organic Chocolate and Nut Mix*



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BAKING STAPLES

Flours

- Bob's Red Mill* Hazelnut Meal
- Bob's Red Mill* Coconut Flour
- Bob's Red Mill* Almond Meal

Sweeteners

- Big Island Bees*, Organic Honey
- The Hamptons Honey Company*, Raw Honey
- Honey Gardens*, Raw Honey
- Rutherford & Meyer*, Natural Honey
- Wholesome!* Coconut Palm Sugar
- Wholesome!* Fair Trade Organic Molasses

Flavouring

- Simply Organic* Vanilla

BEVERAGES

Almond Milk

- Pacifica* Almond Milk

Cactus Water

- Caliwater* Cactus Water

Coconut Water

- Coco Libre* Coconut Water
- Harmless Harvest* Coconut Water
- Harvest Bay* Coconut Water
- Vita Coco* Coconut Water

Juices

- Lumi Organics* Cold Pressed Juices (Various)
- Suja Essentials* Organic Cold Pressed Juices (Various)
- Smart Juice* Organic Fresh Squeezed (Various)

Tea/Kombucha

- KeVita* Probiotic Drinks (Various) sweetened with Stevia
- Ito En* Green Tea
- GT'S* Kombucha (Various)
- High Country* Kombucha (Various)

CANNED/BOXED GOODS

Soups & Broths

- Pacific Organic* Beef Broth
- Pacific Organic* Chicken Broth
- Pacific Organic* Vegetable Broth
- Pacific Organic* Creamy Tomato Soup (Contains Cane Sugar)
- Pacific Organic* Red Pepper Tomato Soup (Contains Cane Sugar)

Canned Fish

- Bar Harbor* Natural Smoked Wild Kippers
- Sustainable Seas* Tuna
- Wild Planet* Alaskan Pink Salmon Sustainably Caught
- Wild Planet* Pole Caught Albacore Tuna
- Wild Planet* Tuna Fillets Wild Caught

Tomatoes

- Muir Glen Organic* All Natural Tomato Sauce
- Muir Glen Organic* Diced Fire Roasted Tomatoes
- Muir Glen Organic* Diced Tomatoes
- Muir Glen Organic* Tomato Paste
- Muir Glen Organic* Whole Tomatoes
- Pomi* Natural Tomatoes
- Pomi* Tomato Sauce
- Pomi* Tomato Chunks

Fruit

- Native Forest* Canned Organic Fruits in Fruit Juice

DAIRY

Cheese

- Chavrie* Goat Cheese
- Grafton Village* Vermont Cheddar
- Horizon Organic* Stick, Shredded and Sliced Cheeses



Milk

- Horizons Organics*
 - Milk
 - Butter
 - Cottage Cheese
 - Sour Cream
 - Cream
- Kerrygold Butter*
- Organic Valley Butter*
- Plugra Butter*
- White Mountain Pure Foods Bulgarian Yogurt*

FRESH PRODUCE & REFRIGERATED ITEMS

Eggs

- Carol's Heirloom Cage Free Eggs*
- Fresh Market Cage Free*
- Pete & Gerry's Organic Eggs*
- Vital Farms*

Produce

- Organic & seasonal produce; conventional produce on the **Clean 15**
- Driscoll's Organic*
 - Strawberries
 - Raspberries
 - Blueberries
 - Blackberries
- Earthbound Farms*
 - Baby Arugula
 - Mixed Greens
 - Romaine
 - Spring Mix
 - Herb Blend

FROZEN FOOD

- Cascadian Organic Farms Frozen Vegetables*
- Earthbound Farms Organic Frozen Berries*
- Earthbound Farms Organic Frozen Vegetables*
- Nature's Path Organic Frozen Vegetables*

FRESH MEAT/POULTRY/SEAFOOD

- Grass Fed Lamb No Antibiotics
- Grass Fed Prime Rib
- Coleman Antibiotic Free Ham*
- Coleman Antibiotic Free Turkey*
- Wild Cod
- Wild Chilean Sea Bass
- Wild Mussels
- Wild Salmon
- Wild Sashimi
- Wild Sea Scallops

GROCERY

Nut Butters:

- Artisana Organic Raw Cacao Bliss*
- Artisana Organic Raw Coconut Butter*
- Artisana Organic Raw Walnut Butter*
- Justin's Almond Butter*
- Justin's Hazelnut Butter*
- Maranatha Almond Butter*
- Maranatha Cashew Butter*
- Maranatha Peanut Butter*
- Once Again Almond Butter*
- Once Again Cashew Butter*
- Once Again Tahini*

SEASONINGS/CONDIMENTS/OILS & VINEGARS

Condiments

- Droheria & Alimentari Organic Pepper Grinder*
- Fresh Market Brown Mustard*
- Fresh Market Yellow Mustard*
- Organic Ville Ketchup*
- Sea Salt
- Various Herbs & Spices
- Zilk's All Natural Salsa*
- Zilk's All Natural Salsa Verde*



Oil

- International Collection* Flaxseed Oil
- LA Organic* Cold Extract Olive Oil Spain
- La Tourangelle* Coconut Oil
- La Tourangelle* Grape Seed Oil
- La Tourangelle* Roasted Almond Oil
- La Tourangelle* Roasted Hazelnut Oil
- La Tourangelle* Roasted Pecan Oil
- La Tourangelle* Sun Coco Oil
- La Tourangelle* Sunflower Oil
- Milas Organic* Extra Virgin Olive Oil
- Nutiva* Red Palm Oil
- Olivado* Avocado Oil
- Spectrum* Flaxseed Oil

Vinegar

- Bragg's* Apple Cider Vinegar
- Colavita* Organic Balsamic Vinegar
- Rao's* Organic Red Wine Vinegar
-

SNACKS

Chips

- Alive & Radiant* Salted Kale Crunch
- Rhythm Super Food* Kale Chips Original
- Rhythm Super Food* Kale Chips Mango Habanero

Chocolate

- Altar ECO* Dark Chocolate 85%
- Pascha* Organic Dark Chocolate 85%
- Vosges* Dark Chocolate 75%

Bars

- Bard Valley* Organic Delight Date Almond Rolls
- Lara Bars* (various some are paleo friendly apple pie, banana bread, cashew cookie & Pecan Pie)
- Nu Go* Fiber Bar (various - they do have a "paleo" collection, hmmm)

Fruit

- Crispy Green* Freeze Dried: Apples, Mangoes, Pears, Tangerines, and Bananas
- GoGo Squeez* Variety of fruit flavours

- Mama Chia* Squeeze Various flavours
- Vermont Village Cannery* Organic Apple Butter
- Vermont Village Cannery* Organic Applesauce

Seeds

- Go Raw* Sprouted Pumpkin Seeds
- Go Raw* Sprouted Sunflower Seeds
- Go Raw* Sprouted Watermelon Seeds
- Manitoba Harvest* Natural Hemp Hearts

Wine

- Our Daily* Red Organic
- Ventura Reserve* Organic Red



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BAKING STAPLES

Sweeteners:

- ❑ *Better Body* organic coconut palm sugar
 - Organic coconut nectar
 - Organic coconut sugar
- ❑ Maple Syrup
 - *Brown Family Farm*
 - *Coombs Family Farm*
 - *HEB Organics*
 - *Highland Sugarworks*
 - *Maple Grove Farms*
 - *Shady Maple Farms*
 - *Spring Tree*
- ❑ Raw Honey
 - *Goodflow*
 - *Kelley's*
 - *Stroops Farms*
- ❑ *Coconut Secret* Coconut Nectar

Flour:

- ❑ *Bob's Red Mill*^o
 - *Almond Meal*
 - *Coconut flour*
 - *Hazelnut*
 - *Potato starch*
 - *Tapioca*
- ❑ *Big Tree*
- ❑ *King Arthur*
 - Almond flour
 - Coconut flour
- ❑ *Let's Do Organic*^o
 - Coconut flour

Chocolate:

- ❑ *Nativas*^o
 - Cacao nibs
 - Cacao powder
- ❑ *Enjoy Life* chocolate chips^o

Other:

- ❑ Coconut flakes^o
 - *Bob's Red Mill*
 - *Let's Do Organic*

BEVERAGES

Coffee:

- ❑ *Chameleon Cold Brew* (Coffee)
- ❑ Organic Coffee Beans
 - *Nica's*
 - *Ruta Mayo*

Water:

- ❑ Mineral Water
 - *La Croix*
 - *San Pellegrino*
 - *Topo Chico*
- ❑ Coconut water
 - *Amy & Brian*
 - *Central Market*
 - *Coco Libre*
 - *Vita Coco*
 - *Yaco*
 - *Zico*

Fermented Beverages:

- ❑ Komubucha
 - *Live Soda*
 - *Synergy*

Teas:

- *Adagio*
- *Central Market*
- *HEB Organics*
- *Mighty Leaf*
- *Numi*
- *Tazo*
- *Traditional Medicinals*
- *Versana*



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Other:

- Daily greens*

DAIRY

Butter:

- *Chimay*
- *Kerrygold*

Yogurt:

- Blue Hill Yogurt*

Cheese:

- Organic Valley Cheeses*

Note: butter & cheese brands are supplied if you know you tolerate them well—you may also choose to clarify your butter.

FRESH PRODUCE & REFRIGERATED ITEMS

- Organic & seasonal produce; conventional produce on the **Clean 15**

Condiments:

- Wrights of Texas Salsa*
 - Red
 - Green
- Wholly Guacamole*
- Fresh Guacamole

FRESH MEAT/POULTRY/SEAFOOD

Eggs:

- Vital Farms

Red Meat:

- Grass-fed Beef
 - *HEB Natural* – grass-fed beef (all cuts)
 - *HEB* grass-fed beef from the butcher counter
- Applegate* Grass-fed hot dogs
- Spring Crossing Cattle Company Grass Fed Beef

Pork:

- Applegate Organics* Bacon

Poultry:

- Central Market Organics*

Seafood:

- All fresh fish, especially wild-caught options

Deli Meat & Sausage:

- Applegate Organics*
 - Deli Meat
 - Sausages

FROZEN

Protein:

- Wild caught Seafood

Fruit:

- Organic fruit
- Organic vegetables

GROCERY

Seafood:

- Crown Prince*
 - Wild caught Kipper snacks
 - Sardines
- HEB wild caught Salmon*
- King Oscar sardines
- Wild Planet tuna

Jarred/Canned:

- Nut Butters*
 - *MaraNatha*
 - *Sunbutter*^o
 - *Ziyad Tahini*^o
- Tomato paste/diced tomatoes*
 - *Central Market Organics*
 - *HEB Organics*
 - *Muir Glen Organics*
- Farmer's Market* canned organic pumpkin
- Mario* Organic Olives
- Coconut Milk
 - *Thai Kitchen Organic*- full fat

Fats & Oils:

- Coconut oil:
 - *Betterbody Organic*
 - *Carrington Farms Organic*



REAL FOOD SHOPPING LIST

by *Diane* SANFILIPPO



- *Central Market Organic*
- *HEB Organic*
- *Nature's Way Organic* °
- *Nutiva Organic*
- *Spectrum Organic*

- *Nutiva Red Palm Oil*
- *Texas Ranch Olive Oil*

Other:

- *Pacific Chicken Broth*

SEASONINGS/SAUCES

Vinegar & Fermented Items:

- *Apple Cider Vinegar*
 - *Bragg's Raw Unfiltered*
 - *HEB Organics*
- *Coconut Secret*
 - *Coconut Aminos*
 - *Coconut Vinegar*

Seasonings:

- *HEB Organics Mustard*
- *Redmond Real Salt*
- *Spices*
 - *Central Market Organics*
 - *McCormick Gourmet Organic*
 - *Simple Organic*

SNACKS/TREATS

Chips:

- *Kale Chips* °
 - *Brad's Raw Crunchy Kale*
 - *Rhythm*
- *Wonderfully Raw* °
 - *Brussel Bytes*
 - *Snip Chips*

Jerky:

- *Epic Bars (jerky)* °

Fruit Based:

- *HEB Organics applesauce*
- *HEB Organics fruit cups*
- *Organic Just... freeze dried fruit* °
- *Plum Organic Mashups*

Fruit/Nut/Seed Based:

- *Larabars* °
- *Bearded Brothers* °
- *Thunderbird Bar* ° - mint, cashew, fig carrot
- *Chia Seeds*
 - *Central Market Organic* °
 - *Navitas* °
 - *Nutiva organic* °
 - *Spectrum* °
 - *The Chia Company* °
- *Go Raw* °
 - *Chocolate Super Cookies*
 - *Ginger Snap*
 - *Original Super Cookies*
 - *Pizza Flaxsnax*
 - *Simple Seed Mix*
 - *Spicy Flax Snax*
 - *Spicy Seed Mix*
 - *Spirulina Super Chips*
 - *Sprouted Pumpkin Seeds*
 - *Sprouted Sunflower Seeds*
 - *Sunflower Flax Snax*
- *Manitoba Hemp Hearts* °
- *Raw organic nuts/seeds* ° (bulk section or pre-packaged from bulk- check for any added salt/oil)

Chocolate/Treats:

- *Hail Merry:*
 - *Macaroons*
 - *Miracle Tarts*

Chocolate:

- *Central Market Organic Dark Chocolate 85%*
- *Pascha Organic Dark Chocolate* ° 70%, 85%



REAL FOOD SHOPPING LIST

by *Diane* SANFILIPPO



This list is only a partial compilation of recommended products and brands. Please remember to always check labels for undesirable ingredients if you find a product in your local store that we may have unintentionally left out.*

BAKING STAPLES

Sweeteners:

- Raw Honey
- Organic Coconut palm sugar

Flours:

- Bob's Red Mill*
 - Potato starch
- Dowd & Rogers* Italian chestnut flour
- Let's Do Organic*
 - Coconut flour
 - Tapioca starch

Nuts, Seeds & Nut Butters:

- Nuts
 - Raw almonds
 - Raw walnuts
 - Salted pistachios
- Sunbutter
- Almond butter
 - *Almond Wonder*
 - Crunchy
 - Creamy
 - *Justin's brand*
 - Classic
 - Honey
 - Maple

Other:

- Essential Everyday* Coconut milk
- Thai Kitchen* Coconut cream

BEVERAGES

Water:

- Coconut Water Canned/boxed**
 - *Naked*
 - *VitaCoco coconut*
- Honest T* bottled iced tea
 - *Moroccan mint*

DAIRY

Butter:

- *Kerrygold* butter, salted and unsalted

Note: butter & cheese brands are supplied if you know you tolerate them well—you may also choose to clarify your butter.

Ghee:

- *Ancient Organics* in the refrigerated section
- *Purity Farms*
- *Organic India* in the grocery aisles

FRESH PRODUCE & REFRIGERATED ITEMS

- Organic & seasonal produce; conventional produce on the Clean 15

FRESH MEAT/POULTRY/SEAFOOD

Red Meat:

- Strauss* brand grass-fed ground beef (refrigerated, packaged)
- Wellshire Organic* Grass-fed Hot Dogs

Poultry:

- Harvest land* frozen organic chicken (frozen, packaged, NOT free range)

Pork:

- Applegate Farms* Bacon

Seafood:

- Wild caught smoked salmon / lox (refrigerated, packaged)

Deli Meat & Sausages:

- Applegate Farms* deli meats:
 - Roasted turkey breast
 - Smoked turkey breast
 - Uncured black forest ham
 - Uncured hotdogs

** Be sure to check the ingredients when buying coconut water as they should not contain added sugar or sweeteners.

Not all items are part of the the 21-Sugar Detox (21DSD) Yes/No list so if shopping for 21DSD, use recommended products & brands list on p. 224 of the 21DSD.



REAL FOOD SHOPPING LIST

by *Diane* SANFILIPPO



GROCERY

- ▣ Coconut Oil
 - *Artisana*
 - *Bronner's*
 - *Kelapo Extra Virgin*
 - *Nutiva*
- ▣ Red Palm Oil
 - *Everyday Cuisine*
 - *Nutiva*
- ▣ *Kelapo* Coconut Oil spray
- ▣ *La Tourangelle* Walnut Oil



REAL FOOD SHOPPING LIST



by *Diane* SANFILIPPO

This list is only a partial compilation of recommended products and brands. Please remember to always check labels for undesirable ingredients if you find a product in your local store that we may have unintentionally left out.*

BAKING STAPLES

Sweeteners:

- Wholesome Sweeteners* Organic Raw Honey

Flours:

- Bob's Red Mill*
 - Almond flour
 - Flax seed
 - Coconut flour

Nuts, Seeds & Nut Butters:

- Sunbutter* Sunflower Seed Butter
- Justin's* Almond Butter
- MaraNatha*:
 - Sunflower Seed Butter
 - Coconut Butter
 - Almond Butter
- Barney Butter* Almond Butter
- Simple Truth*
 - Cashew Butter
 - Almond Butter
- Back to Nature* California Almonds
- Simple Truth*
 - Organic Raw Pumpkin Seeds
 - Organic Raw Sunflower Seeds

Chocolate:

- Enjoy Life* Chocolate Chips

Other:

- Spectrum* Organic Palm Shortening

BEVERAGES

Coffee:

- *Newman's Own* Organic Coffee
- *Caffe Sanora* Organic Coffee
- *Puroast* Organic Coffee
- *Mount Hagen* Organic Coffee

Organic Teas:

- Traditional Medicinals* Organic Teas

Nut Milks:

- So Delicious* Coconut Milk
- Blue Diamond* Almond Breeze Almond Milk
- Pacific* All Natural Hemp Milk
- Tempt* Hemp Milk

Water:

- Cascade Ice* Sparkling Water

FRESH MEAT/POULTRY/SEAFOOD

Red Meat:

- Maverick Ranch*
 - Ground Beef
 - Grass Fed Ground Beef
 - Grass Fed Ground Buffalo
- Simple Truth*
 - Organic Steaks
 - Organic Ground Beef

Poultry:

- Simple Truth*
 - Organic Free Range Chicken

FROZEN ITEMS

Seafood:

- Kroger*
 - Wild Caught Raw Texas Gulf Shrimp
 - Wild Caught Raw Shrimp
- Private Selection* Wild Caught Key West Pink Shrimp

GROCERY

Fruit based:

- Santa Cruz* Organic Applesauce

Condiments:

- Green Mountain* Gringo Salsas
- Muir Glen* Organic Salsas

Other:

- Pacific* Organic Chicken Broth



Fats & Oils:

- Better Body Organic Coconut Oil*

SEASONINGS/SAUCES

- Annie's Natural Mustards*

SNACKS/TREATS

Snacks:

- Larabars*

Chocolate:

- Equal Exchange Chocolate Bars*



This list is only a partial compilation of recommended products and brands. Please remember to always check labels for undesirable ingredients if you find a product in your local store that we may have unintentionally left out.*

BAKING/PANTRY STAPLES

Bob's Red Mill brand:

- Almond Meal
- Tapioca Flour
- Coconut Flour
- Flaxseed Meal
- Flaked Coconut
- Coconut Flour

Navitas brand:

- Cocoa
- Goji Berries
- Hemp Seeds
- Hemp Powder
- Dragon Fruit
- Maca Powder
- Pomegranate Powder
- Coconut Sugar

Maple Syrup:

- Roundy's Simply Organic 100% Maple Syrup
- Wagner's Pure Maple Syrup
- Crown Organic Maple Syrup
- Terlato Kitchen Certified Organic Maple Syrup

Nut Butters:

- Justin's Almond Butter
- Mara Natha All Natural Almond Butter
- Mara Natha Coconut Butter

Sweeteners:

- Bee Love (Chicagoland) Raw Natural Honey
- Roundy's Simply Organic Coconut Sugar

Vinegars:

- Bragg's Apple Cider Vinegar
- Roundy's All Natural Apple Cider Vinegar
- Roundy's Simply Organic Balsamic Vinegar
- Roundy's Simply Organic Extra Virgin Olive Oil

Oils:

- Coconut Oil
- Avocado Oil

BEVERAGES

Coffee:

- Roundy's Simply Organic Coffee
- Other Organic Coffee Beans (check for organic/fair trade)

Tea:

- Organic Fair Trade Tea

Water:

- La Croix
- San Pellegrino
- Harmless Coconut Water
- Other Coconut Waters (look at label for no added sugars/sweeteners)

Juices:

- Roundy's Simply Organic 100% Juices
- Fresh Squeezed Orange Juice (machine in store)
- Blue Print Cold Pressed Organic Juice

Kombucha:

- Karma Kombucha
- GT's Kombucha
- Door County Kombucha
- It Tastes Raw 100% Juice
- Kevita Sparkling Probiotic

DAIRY/REFRIGERATION

Butter:

- Kerrygold Butter
- Ghee

Cheese:

- Imported grass fed cheese (Italy/France)
- Goat Cheese

Note: butter & cheese brands are supplied if you know you tolerate them well—you may also choose to [clarify your butter](#).

Milk:

- Sweet Meadows Pasture Grazed Full Fat Milk
- Meyenberg Goat Milk



REAL FOOD SHOPPING LIST

by Diane SANFILIPPO



Yogurt:

- Dreaming Cow Grass Fed Cream Top Yogurt
- Redwood Hill Farm Goat Milk Yogurt

Eggs:

- Locally Sourced Cage Free Eggs
- Roundy's Cage Free Organic Eggs

Fermented Foods:

- Farmhouse Culture Kraut
- Frieda's Kim Chee
- Full Belly Fermented Veggies (Cauliflower Crunch, Habanero Carrots)

FROZEN FOODS

- Roundy's Simply Organic Fruits
- Organic Frozen Vegetables
- Wild Caught Seafood (check label for added oils/seasonings)
- Shrimp
- Applegate Organic Sausages

FRESH ITEMS

- Olive Bar (check label/description for added oils)
- Sushi Bar (can custom order)
- Salad Bar
- Soup Bar (check ingredients list for seeds oils or added sugars)
- Organic Seasonal Fruits & Veggies
- Bulk Nuts & Seeds (raw/unsalted)
- Fresh-made Smoothie Bar

MEATS

- PRE 100% grass fed beef (sirloin, strip, filet, etc.)
- Strauss grass fed beef
- Strauss veal
- Strauss lamb
- Tallgrass beef 100% grass fed (hotdogs, polish sausage)
- Organic Prairie Grass Fed Uncured Beef Hotdogs
- Exotic meats (wild boar, ground bison, whole pheasant, whole duck, venison)

- FRESH Seafood (wild caught salmon, wild caught whitefish, wild caught cod, Wild caught tuna, wild caught swordfish, shrimp by the pound)
- Applegate Organic Products

GROCERY

Seafood:

- King Oscar
 - Sardines
 - Anchovies
- Oysters
- Caviar
- Wild caught tuna (in water)
- Wild caught salmon (in water)

Jarred & Canned:

- Roundy's Simply Organic Tomatoes
- Organic Coconut Milk
- Roundy's Simply Organic Salsa
- Roundy's Simply Organic Pasta Sauce

SNACKS

- Nature's All Freeze Dried Fruit
- Lara Bars
- That's It Bars
- Dang Coconut Flakes
- Kitchfix Paleo Granola
- Go Raw Seed Bars
- Jonny Pops
- Organic Dark Chocolate (large selection—choose 75% cocoa or higher and check other ingredients)
- Kale Chips
- Medjool Dates
- Super Seedz
- Navita Trail Mix



This list is only a partial compilation of recommended products and brands. Please remember to always check labels for undesirable ingredients if you find a product in your local store that we may have unintentionally left out.*

BAKING STAPLES

Bob's Red Mill

- Date Sugar
- Turbanado Sugar
- Arrowroot
- Hulled Hemp seed
- Flaxseed whole and ground
- Golden flaxseed whole and ground
- Coconut flour

Sweeteners

- Red Raw Honey
- Nuts, seeds & Nut Butters
- Maranatha
- Justin's
- Sunbutter
- Markets of Meijer and Organics various nuts/seeds

Chocolate

- Enjoy Life Chocolate chips

Other

- Spectrum Organic Palm Shortening
- Vanilla Beans
- Medjool Dates

BEVERAGES

Coffee

- Wicked Joe Organic Fair trade
- Meijer Organics
- Coppermoon Organics
- Chameleon Cold Brew

Teas

- Meijer Organics

Nut Milks

- So Delicious Coconut Milk
- Blue Diamond Almond Breeze Almond Milk

Water

- Mineral Water
 - La Croix
 - Pellegrino
- Fuji Still Water

Coconut Water

- Vita Coco

Juices

- Indian Summer 100% Apple Juice (US Apples)
- Apple and Eve Organic 8pk
- Honest Brands 8pk
- Hansen's Natural Organic 8 pk
- Evolution Fresh Juice

Fermented Beverages

- GT's Synergy Kombucha

DAIRY

- Kerrygold Butter

FRESH PRODUCE & REFRIGERATED ITEMS

- Organic & seasonal products; conventional produce on the Clean 15
- Guacamole
 - Wholly Guacamole
 - Sabra
- Sabra Salsa

FRESH MEAT/POULTRY/SEAFOOD

Red Meat

- Laura's Grass Fed Beef
- Strauss
 - Australian Ground Lamb
 - Ground Veal
- Frozen Calf and Beef Liver

* Not all items are part of [the 21-Sugar Detox](#) (21DSD) Yes/No list. If shopping for 21DSD, use the recommended products & brands list on p. 224 of the 21DSD.



Poultry

- Nature Raised* Chicken (whole and precut)

Pork

- Uncle Lou's Chitterlings* (frozen)

Seafood

- Wild Caught* (signs state Country of Origin)
- King Crab
- Lobster
- Sea Scallops
- Snow Crab

Deli Meat and Sausages

- Hormel Natural Choice* Meats
- Prosciutto

FROZEN

Seafood

- Ocean Bonnie* Wild Caught Argentine Red Shrimp
- Dominicks* Wild Caught Shrimp
- Meijer Wild Caught*
 - Perch
 - Pollock
 - Pink Salmon
 - Cod Loins
- Orca Bay*
 - Mahi Mahi
 - Pacific Salmon
 - Tuna
- Keta Alaskan Salmon
- Neptune* Seafood Mix
- Scallops

Vegetables

- Birds Eye*
- Meijer Organics*
- Applegate*
 - Corn Dogs
 - Chicken Tenders
 - Turkey Sausage
 - Chicken Maple Sausage

GROCERY

Maple Syrup

- Maple Grove Farms* 100% Maple Syrup
- Meijer* Maple Syrup
- True Goodness* Organic
- Meijer Organics*

Stock/Broth

- Kitchen Basics* All Natural
- Beef, Chicken, Veggie

Oils

- Extra Virgin Olive Oil
- La Tourangelle* Avocado oil (and other oils also)
- Coconut Oil

Seafood

- Polar* All Natural Tuna in Water
- Wild Planet*
 - Tuna
 - Sardines
- King Oscar* Sardines

Other

- Meijer Organics* Applesauce (also available in snack size cups)

SEASONINGS/SAUCES

Dressings

- Bragg's*
 - Vinaigrette
 - Ginger and Sesame
- Annie's Naturals* Salad Dressing (various)

Sauces

- Annie's* Mustard
- Meijer* Organic
- Wright's* Liquid Smoke
- San-J* Tamari
- Bragg's* Apple Cider Vinegar

Seasonings

- Himalyan Pink Salt
- Diamond* Kosher Sea Salt

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SNACKS/TREATS

- Brad's* Raw Kale
- Dried Fruits (various)
- Larabars*
- Laraba* Renola
- Bare* Fruit Chips
- Terra Real* Vegetable Chips
 - Original
 - Sweet Potato
- Stretch Island Food Co.* fruit Strips
- Annie's* Organic Fruit Snacks
- Meijer Naturals* Fruit Bites and Spirals
- Plum Kids* organic fruit shredz
- Plum Kids* organic fruit and veggie shredz
- Go-Go Squeez* Apple Sauce Pouches

CHOCOLATE

- Lindt* Dark Chocolate
- Chocolat Stella* Organic Fair Trade
- Endangered Species* Dark Chocolate
- Theo*
- Alter Ego*
- Pascha* Organic Dark Chocolate

OTHER

- Seaweed
- GimMe* Organic Seaweed Snacks



REAL FOOD SHOPPING LIST

by *Diane* SANFILIPPO



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BAKING STAPLES

Sweeteners:

- Coconut sugar
- Maple syrup
- Raw honey (local if possible)
- Date Lady*
 - Date Syrup
 - Date Sugar
- Now Foods* Date Sugar

Flours:

- Natural Grocers* Almond Flour
- Coconut Secret Raw Coconut Flour
- Bob's Red Mill* products
 - Coconut flour
 - Tapioca starch
 - Arrowroot flour
 - Potato starch
 - Almond Meal/Flour
 - Hazelnut Meal/Flour

Nuts & Seeds:

- Navitas Chia Seeds
- Bob's Red Mill Chia Seeds
- Nutiva Chia Seeds
- Coconut butter
 - *Artisana, Maranatha*
 - *Aunt Patty's*
- Nut butters
 - *Natural Grocers* Almond Butter
 - *Kalot* Fruit and Nut Spreads
 - *Viva Pura* Sprouted Almond and Pecan Butter
 - *Woodstock* Raw Almond Butter
 - *Artisana*
 - *Maranatha*
- Tahini
 - *Once Again Organic*
 - *Woodstock Organic*

Chocolate:

- Dagoba Organic Unsweetened Baking Chocolate*
- Enjoy Life* Chocolate Chips & chunks
- Navitas Cacao Nibs
- Viva Pura* Cacao Nibs and Cacao Butter
- Unsweetened Cocoa/Cacao powder
 - *Now Foods*
 - *Rapunzel*
 - *Holykakow*
 - *Nativas*
 - *Equal Exchange*
 - *Dagoba*

Other:

- Great Lakes* Gelatin
- If You Care* Large Baking Cups (parchment paper cupcake/muffin liners)
- Natural Grocers* brand Coconut Flakes or shreds
- Spectrum Organic* All Vegetable Shortening
- Organic Vanilla and Almond Extracts, various brands
- Natural Grocers* Whole Vanilla Beans
- Simple Mills* Baking Mixes
- Chebe* Baking Mixes
- Hain* Corn-Starch Free Baking Powder
- Let's Do Organic* Coconut Flakes

BEVERAGES

Coffee:

- Organic free-trade coffee beans
- Stumptown* Cold Brew
- Chameleon* Cold Brew

Water:

- Coconut water
 - *Amy & Brian's*
 - *VitaCoco*



REAL FOOD SHOPPING LIST

by Diane SANFILIPPO



- Zico
- Harmless Harvest 100% Raw (refrigerated)
- Nature Factor Organic Coconut Water

Fermented Beverages:

- Komubucha:
 - Brew Dr
 - GT's Synergy
 - Lionheart
 - Humm
 - High Country
 - Kevita
 - Reed's

Teas:

- Numi
- Organic India
- Traditional Medicinals
- Yogi
- Choice Organic
- Alvita Organic

Other:

- Temple Turmeric Elixirs

BOOKS

- Practical Paleo
- The 21-Day Sugar Detox
- Mediterranean Paleo Cooking
- Everyday Paleo various books
- Paleo Indulgences
- Paleo Comfort Foods
- Primal Blueprint various books
- Powerful Paleo Superfoods
- The Paleo Solution
- The Autoimmune Paleo Protocol
- Paleo Smoothies
- Primal Body, Primal Mind
- The Paleo Manifesto
- The Paleo Approach
- The Paleo Diet Cookbook
- Paleo Cooking from Elana's Pantry

DAIRY

Butter:

- Clover Organic
- Kerrygold
- Organic Valley pasture-raised cultured
- Straus Family Creamery Organic
- Kalona Organic Butter

Ghee:

- Purity Farms

Note: butter & cheese brands are supplied if you know you tolerate them well—you may also choose to clarify your butter.

Cheese:

- Kerrygold Dubliner & many other organic/pasture-raised cheeses (including goat)

Yogurt:

- Maple Hill Creamery Grass-Fed Yogurt
- Redwood Hill Goat Milk Yogurt & Keifer
- Straus Plain Greek Yogurt
- Traderspoint Creamery Organic Grass-Fed Whole Milk Yogurt
- Wallaby Organic Pasture-raised Plain Greek Yogurt
- White Mountain Organic Bulgarian Yogurt
- Dreaming Cow Grass Fed Cream Top Yogurt
- Wallaby Organic Kefir

Milk:

- Organic Valley Grassmilk (whole, grass-fed, non-homogenized)
- Kalona Organic Grass Fed
 - Cream
 - Whole Milk

FRESH PRODUCE & REFRIGERATED ITEMS

- Organic & seasonal produce; conventional produce on the Clean 15
- Wholly Guacamole organic Guacamole

Fermented Foods:

- Bubbie's sauerkraut, pickles
- Farmhouse Culture Kraut, multiple varieties



REAL FOOD SHOPPING LIST

by *Diane* SANFILIPPO



- Pickled Planet Raw Fermented Pickles, Raw Sauerkraut*
- Wildbrine Sauerkraut, Pickles, Fermented Salsa*
- Mm Colorado Kraut and Kimchi*

Other:

- Organic Herbs*
- Love Beets Organic Cooked Beets*

FRESH MEAT/POULTRY/SEAFOOD

Red Meat:

- Applegate Organics grass-fed hot dogs*
- Teton Ranch 100% Grass-Fed Beef Uncured Frankfurters*
- Beef, grass-fed ground, various cuts*
- Beef, 100% grass-fed ground*
- Bison, ground and steaks*
- Lamb, ground, chops, stew meat and steaks*
- Wild Boar, ground*
- Teton Ranch 100% Grass Fed Beef Sausages*

Poultry:

- Organic Chicken*
- Organic Turkey*

Pork:

- Applegate Organics Sunday bacon*
- Niman Ranch pork*
- Niman Ranch uncured bacon & Canadian bacon*
- Pederson's Uncured Paleo Bacon*
- Beeler's Uncured Bacon*

Seafood:

- Wild caught seafood*

Deli Meat & Sausages:

- Applegate Organics deli meat*
 - *Uncured ham*
 - *Roast beef*
 - *Salami*
- Aidells Organic Cajun Style Andouille, other varieties (check ingredients)*
- Organic Prairie Deli Meats*

Eggs:

- Vital Farms*
- Jeremiah Cunningham's Soy Free Organic Pasture-Raised*
- Chino Valley Organic Omega-3 Soy Free*

FROZEN

Protein:

- Wild Boar, ground*
- Wild caught seafood*
- Beeler's Breakfast and Italian Sausage*
- Organic Prairie*
 - *Breakfast Sausage*
 - *Grass Fed Ground Beef*
- Buffalo, Various Brands*

Fruit:

- Organic frozen fruit*
- Organic frozen vegetables*

Sweets:

- Straus Family Creamery Organic Ice Cream*
- Three Twins Organic Ice Cream*

GROCERY

Seafood:

- Natural Grocers Brand*
 - *Tuna*
 - *Salmon*
 - *Sardines*
- Sustainable Seas Tuna*
- Tonnino Jarred Tuna*
- Natural Seas Tuna and Salmon*
- Bar Harbour wild herring fillets*
- Crown Prince wild caught kipper snacks, sardines, anchovies*
- Wild Planet products:*
 - *Canned fish*
 - *Sardines*
 - *Anchovies*



REAL FOOD SHOPPING LIST

by *Diane* SANFILIPPO



Jarred/Canned:

- ❑ Organic Pasta Sauce
 - *Mama Jess*
 - *Muir Glen*
 - *Amy's*
- ❑ Tomatoes
 - *Jovial*
 - *Bionature*
 - *Muir Glen*
 - *Cadia*
- ❑ Organic Divina Olives
- ❑ Coconut butter:
 - *Artisana*
 - *Aunt Patty's*
 - *MaraNatha*
- ❑ *Farmer's Market* canned organic pumpkin
- ❑ *Mediterranean Organic Products*:
 - Olives
 - Wild capers
 - Gourmet red peppers
 - Sundried Tomatoes
- ❑ *Jeff's Naturals*
 - Capers
 - Bell Peppers
 - Pepperoncini
 - Jalapenos
 - Hot Cherry Peppers
 - Olives
 - Antipasto
- ❑ *Native Forest* artichoke hearts
- ❑ Nut butters
 - *Artisana*
 - *Justin's*
- ❑ *Nutiva Products*
 - *Chia*
 - *Hemp seeds*
- ❑ *Once Again* Organic Tahini
- ❑ Organic applesauce:
 - *Santa Cruz Organic*
 - *Eden*

- ❑ Coconut Milk:
 - *Natural Value*
 - *Native Forest*
 - *So Delicious Culinary*
 - *Thai Kitchen*
- ❑ Sunflower Seed Butter
 - *Sunbutter*-Organic Unsweetened or Natural No Sugar Added
 - *MaraNatha*
 - *Once Again*
- ❑ *Pacific Bone Broth and Bone Stock*

Fats & Oils:

- ❑ *California Olive Ranch* Olive Oil
- ❑ *Chosen Foods* Avocado Oil
- ❑ *Nanak* Pure Desi Ghee
- ❑ Coconut oil:
 - *Artisana*
 - *Aunt Patty's*
 - *Dr. Bronner's*
 - *Nutiva*
 - *Living Foods*
 - *Health from the Sun*
 - *Nature's Way*
 - *Now Food*
- ❑ *Nutiva* Red Palm Oil
- ❑ *Ellyndale*
 - Organic Extra Virgin Olive Oil
 - Avocado Oil
- ❑ *Spectrum*
 - Organic Olive Oil Varieties
 - Avocado Oil
 - Organic Toasted Sesame Oil
 - Organic Coconut Oil
- ❑ *Equal Exchange* Organic Extra Virgin Olive Oil

Other:

- ❑ Seaweed
 - *Emerald Cove*
 - *GimMe Organic*
 - *Seasnax*



REAL FOOD SHOPPING LIST

by *Diane* SANFILIPPO



- Cappello's Pastas
- Jams
 - Fior di Frutta Organic
 - Crofters Organic Just Fruit Spread
 - Bionature Organic
 - St. Dalfour
- Sea Tangle Kelp Noodles

- Sir Kensington's
 - Mustards
 - Ketchup
 - Mayonnaise
 - Chipolte Mayo
- OrganicVille Mustards
- Woodstock Organic Ketchup

SEASONINGS/SAUCES/OILS

Vinegars & Fermented Items:

- Date Lady Balsamic Date Vinegar
- Balsamic Vinegar (many organic varieties)
- Bragg's Raw Unfiltered Apple Cider Vinegar
- Coconut Secret:
 - Coconut Vinegar
 - Coconut Aminos
 - Teriyaki Sauce
 - Garlic Sauce

Seasonings:

- Kirkland Minced garlic
- Celtic Sea Salt
- Redmond Real Salt
- Red Ape Organic
 - Cassia Cinnamon Sticks
 - Ground Cinnamon and Turmeric
- Spices:
 - Simply Organic
 - Frontier Organic
- Sea Seasonings:
 - Organic dulse
 - Kelp granules

Sauces:

- Franks Red Hot Cayenne Pepper Sauce
- Mustard:
 - Annie's Naturals
 - OrganicVille

Condiments:

- Primal Kitchen Mayo
- Tessemae's Mayonnaise and Salad Dressings

SNACKS/TREATS

Fruit/Nut/Seed Based:

- Barnana Chewy Banana Bites
- Natural Delights Medjool Dates
- Date Lady Organic Dates
- Kit's Organic fruit and nut bars
- Larabars
- Little Duck Organics Tiny Fruits (in baby food section)
- Nativas products
 - Dried berries
- Organic applesauce/fruit pouches:
 - Plum Organics
 - Ella's Kitchen
 - Peter Rabbit Organics
- Organic dried fruit

Chips:

- Boulder Canyon Avocado Canyon Cut Sea Salt Potato Chips
- Boulder Canyon Coconut Oil Potato Chips
- Good Health Avocado Oil Potato Chips
- Inka Chips Plantain Chips
- Jackson's Honest Chips
- Livin' Spoonful Paleo-Friendly Sprouted Crackers
- Kale Chips, multiple brands (read labels)

Nuts & Seeds:

- Nativas products
 - Chia seeds
- Nut butter squeeze packs
 - Artisana
 - Justin's
- Raw nuts in bulk section



REAL FOOD SHOPPING LIST

by Diane SANFILIPPO



Snacks:

- Tanka* products (buffalo jerky/dried fruit)
 - Bars
 - Bites
 - Sticks
- Epic Bars* (grass-fed bison, beef, lamb & 100% natural turkey)
- GoPal's* Nori Wrapped Energy Sticks Power Wraps
- Supreme Peeled Tiger Nuts*
- Gather* Snack Bars
- The Paleo Diet Bar*
- Epic Bites*

Chocolate/Treats:

- Dark Chocolate, many great choices (opt for organic, 70% or above)
- Hail Merry*
 - Macarons
 - Miracle Tarts
- Nut butter squeeze packs
 - *Artisana*
 - *Justin's*
- Wonderfully Raw* Coco-rooms



REAL FOOD SHOPPING LIST

by *Diane* SANFILIPPO



This list is only a partial compilation of recommended products and brands. Please remember to always check labels for undesirable ingredients if you find a product in your local store that we may have unintentionally left out.*

BAKING STAPLES

Sweeteners:

- Safeway Organics Maple syrup
- Organic Honey
 - Safeway Organics
 - Wild Mountain Raw

Flours:

- Bob's Red Mill
 - Almond flour
 - Chia seed
 - Flax seed
 - Coconut flour

Nuts & Seeds:

- Safeway Organics Flax meal
- Nut Butters
 - Justin's, Maranatha
 - Open Nature

Other:

- Vanilla Extract
 - Simply Organics
 - M&B
 - Safeway Organics
- Simply Organics Spices

BEVERAGES

Coffee:

- Coffee Bean & Tea Leaf Mexico Organic
- Kirkland House Blend
- Peet's Coffee Gaia Organic Blend
- San Francisco Bay Organic Rainforest Blend
- Seattle Mountain, Sumatra

Water:

- Coconut Water**
 - Purity
 - VitaCoco
 - O.N.E

• Real

• Amy & Brian

- Carbonated Water

- Crystal Geysir
- Pellegrino
- Perrier

- Freshly squeezed, unpasteurized juices

- Evolution
- Tude

- Kombucha

- GT's Synergy Kombucha
- Live Kombucha Soda
- Clearly Kombucha
- Mama Chia
- Kevita
- Fizz
- Reeds
- Bucha

- Organic Tea

- Numi
- Guayaki Yerba Maté
- Stash Organic
- Traditional Medicinals
- Yogi, Mighty Leaf
- Good Earth
- Safeway Organics

DAIRY

Butter:

- Kerrygold butter
- Plugra European Style Butter

Note: butter & cheese brands are supplied if you know you tolerate them well—you may also choose to **clarify your butter**.

- Kerrygold Cheese
 - Aged Cheddar
 - Dubliner
 - Blarney Castle

** Be sure to check the ingredients when buying coconut water as they should not contain added sugar or sweeteners.

Not all items are part of the [21-Sugar Detox \(21DSD\) Yes/No list](#) so if shopping for 21DSD, use recommended products & brands list on p. 224 of the 21DSD.



REAL FOOD SHOPPING LIST

by *Diane* SANFILIPPO



FRESH PRODUCE & REFRIGERATED ITEMS

- Organic & seasonal produce; conventional produce on the [Clean 15](#)

Condiments:

- Tessemae's* Salad Dressing
- Wholly*
 - Guacamole
 - Salsa
- Casa Sanchez
 - Salsa (all flavors)
 - Real Guacamole

FRESH MEAT/POULTRY/SEAFOOD

Red Meat:

- Applegate Naturals grass-fed hot dogs
- The Butchers Cut*
 - Angus Beef
 - Beef Patties, 100% grass-fed ground
- Open Nature Grass Fed Angus Beef
- Open Nature Grass Fed Angus Beef & Flank Steak
- Open Nature
 - Premium Lamb Shanks
 - Boneless Lamb leg
 - Shoulder chops

Poultry:

- Rosie Free Range Chicken
- Coastal Range Organics organic Chicken
- Safeway Organics
 - Boneless, skinless Chicken Breasts
 - Chicken Drumsticks

Pork:

- Applegate Naturals Sunday bacon

Seafood:

- Waterfront wild Alaskan Sockeye Salmon

Deli Meat & Sausages:

- Applegate Naturals deli meat
 - Uncured ham
 - Turkey breast
 - Uncured pepperoni
 - Salami

FROZEN ITEMS

Fruits & Vegetables:

- Organic fruit
- Organic vegetables

Protein:

- Applegate Naturals breakfast sausages
- Ocean Beauty Wild Caught Pacific Cod
- Open Nature
 - wild Caught Halibut Steaks
 - wild Caught Sockeye Salmon
 - raw Shrimp
- Waterfront Bistro
 - Petite Patagonian Scallops
 - Cooked Shrimp
 - Raw Shrimp

Sweets:

- Luna & Larry's Coconut ice cream
- Three Twins ice cream

GROCERY

Seafood:

- Sustainable Sea
 - Wild Planet canned fish
 - Sardines

Fruit:

- Dole pineapple chunks

Jarred/Canned:

- Canned tomatoes/tomato sauce
 - Muir Glen Organic
 - Safeway Organics
- Olives in jars or cans
- Pasta sauce
 - Mezzetta
 - Rao's
 - Safeway Organics

Fats & Oils:

- Coconut oil
 - Carryington Farms
 - LouAnn
 - Spectrum
 - Dr. Bronner's

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Not all items are part of the [21-Sugar Detox \(21DSD\) Yes/No list](#) so if shopping for 21DSD, use recommended products & brands list on p. 224 of the 21DSD.



REAL FOOD SHOPPING LIST

by *Diane* SANFILIPPO



- ❑ *Great Value*
 - Olive Oil
 - Vinegars
 - Sesame Seed Oil

Babyfood:

- *Earth's Best*
- *Happy Tot*
- *Plum Organics*
- *Safeway Organics*

Other:

- ❑ *HIME* roasted Seaweed Sushi Nori
- ❑ *Thai Kitchen* Coconut Milk

SEASONINGS/SAUCES/OILS

- ❑ *Bragg's* Raw unfiltered Apple Cider Vinegar

SNACKS/TREATS

Chips

- *Brad's Raw* Kale Chips
- *Dang* Coconut Chips

Fruit Based

- ❑ *Bare Fruit*
 - Organic Fuji Apples
 - Green Apples
 - Cinnamon Apples
- ❑ *Banana Original Chewy Banana Bites* (produce section)
- ❑ Dates (medjool or deglet noor)
- ❑ Dried fruit (no sugar added)
- ❑ *Go Raw Bars*
- ❑ *Larabars*
- ❑ *Justin's* Nut butter squeeze packs
- ❑ Raw and/or Organic nuts & seeds (produce section)

Treats

- ❑ *Lindt* Chocolate (70%, 85%, 90%)
- ❑ *Banana Chocolate Chewy Banana Bites* (produce section)

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Not all items are part of [the 21-Sugar Detox \(21DSD\) Yes/No list](#) so if shopping for 21DSD, use recommended products & brands list on p. 224 of the 21DSD.



REAL FOOD SHOPPING LIST

by *Diane* SANFILIPPO



This list is only a partial compilation of recommended products and brands. Please remember to always check labels for undesirable ingredients if you find a product in your local store that we may have unintentionally left out.*

BAKING STAPLES

Sweeteners:

- Sue Bee White Clover Honey
- Uncle Luke's Pure Maple Syrup

Other:

- McCormick Pure Lemon Extract
- McCormick Pure Vanilla Extract

BEVERAGES

Water:

- Topo Chico Mineral Water
- Perrier Mineral Water Plain

Fermented Beverages:

- Angry Orchard Hard Cider

FRESH PRODUCE & REFRIGERATED ITEMS

- Organic & seasonal produce; conventional produce on the [Clean 15](#)
- Great Day hard boiled eggs

FRESH MEAT/POULTRY/SEAFOOD

Red Meat:

- Variety of conventional fresh Meat, Poultry and Seafood, mostly clean Sausages

FROZEN

Protein:

- Copper River Seafood Alaskan Sockeye Salmon Wild Caught
- Daily Chef Cooked & Uncooked Jumbo Medium Shrimp
- Hi Liner Sea Cuisine Cod Wild Caught
- Paramount Reserve Swai sustainably harvested

- See Worthy and Co Atlantic Salmon (Farm Raised)

Fruit:

- Organic frozen fruit
- Organic frozen vegetables

GROCERY

Seafood:

- Bar Harbour wild Herring fillets
- Crown Prince
 - Wild caught Kipper snacks
 - Sardines
 - Anchovies
- Wild Planet products:
 - Canned fish
 - Sardines
 - Anchovies

Jarred/Canned:

- Hunts
 - Tomato Sauce
 - Diced Tomatoes
- Classico Tomato Basil Pasta Sauce
- Heinz Tomato Paste
- Rotel original Tomatoes with Chilies

Fats & Oils:

- Better Body organic Coconut Extra-Virgin Oil
- Pompeian Extra-Virgin organic Olive Oil

SEASONINGS/SAUCES

Vinegars & Fermented Items:

- Daily Chef distilled white vinegar

Seasonings:

- Tones Spices

SNACKS/TREATS

Fruits/Nut/Seed Based:

- Daily Chef Nuts



REAL FOOD SHOPPING LIST

by Diane SANFILIPPO



- Pecans
- Almonds
- Dried Mediterranean apricots
- Pitted prunes
- ▣ *Diamond of California* sliced almonds
- ▣ *Sunmaid* raisins
- ▣ *Amport foods* Pinenuts
- ▣ *Wonderful*
 - Almonds
 - Pistachios
- ▣ *Purely Simple* Trail Mix Rickland Orchard



REAL FOOD SHOPPING LIST

by *Diane* SANFILIPPO



This list is only a partial compilation of recommended products and brands. Please remember to always check labels for undesirable ingredients if you find a product in your local store that we may have unintentionally left out.*

BAKING STAPLES

Sweeteners:

- Coconut Sugar
 - *Madhava*
 - *Wholesome Sweeteners*
 - *Big Tree Farms*
 - *Navitas*
- Raw honey (local if possible)
- Maple syrup
- Aunt Patty's* Organic Date Sugar
- Coombs Family Farms* Organic Maple Sugar

Flours:

- Bob's Red Mill*
 - Coconut flour
 - Tapioca starch (from cassava root)
 - Arrowroot flour
 - Potato starch
 - Almond Meal/Flour
 - Natural Almond Meal
 - Hazelnut Meal/Flour
 - Flaxseed Meal
- Hodgson Mill*
 - Coconut Flour
 - Unblanched Almond Meal
- Arrowhead Mills*
 - Organic Coconut Flour
 - Organic Tapioca Flour
- Sprouts*
 - Organic Almond Meal
 - Organic Coconut Flour
- Wedo* Banana Flour
- Organic Gemini* Tigernut Flour

Nuts & Seeds:

- Nut Butters
 - *Justin's*
 - *Maranatha*
 - *Open Nature*
 - *Artisana*

- *Rejuvenative Foods* Organic Raw Nut Butters (refrigerated)
- *Kalot Fruit & Almond Butter*
- *Wild Friends* Organic Sunflower Butters

- Coconut butter
 - *Artisana*
 - *Maranatha*
 - *Aunt Patty's*
- Nutiva* Coconut Manna
- Tru Roots* Organic Chia Seeds

Chocolate:

- Enjoy Life* chocolate chips and chunks
- Nativas* unsweetened cocoa/cacao powder
- Equal Exchange* Organic Baking Cocoa
- Guittard* Unsweetened Baking Chocolate

Other:

- Sprouts* brand coconut flakes or shreds
- Simply Organic* Vanilla and Almond Extracts
- Sprouts* Organic Vanilla Extract
- Madecasse* Madagascar Vanilla Extract and Beans
- Bob's Red Mill* Unsweetened Shredded Coconut
- Bob's Red Mill* Baking Sodas
- Spectrum* Organic Vegetable Shortening
- Sprouts* Baking Soda

BEVERAGES

Coffee:

- Chameleon* Cold Brew
- Organic free-trade coffee beans

Water:

- Coconut Water, Canned/Boxed:**
 - *Amy & Brian's*
 - *VitaCoco*
 - *Zico*
 - *Harmless Harvest 100% Raw*
 - *C20 Pure Coconut Water*

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Not all items are part of the [21-Sugar Detox \(21DSD\)](#) Yes/No list so if shopping for 21DSD, use recommended products & brands list on p. 224 of the 21DSD.



REAL FOOD SHOPPING LIST

by *Diane* SANFILIPPO



- Kombucha
 - *GT's Synergy* Kombucha (all flavors)
 - *Kevita* (all flavors)
- Organic Tea
 - *Numi*
 - *Organic India*
 - *Traditional Medicinals*
 - *Yogi*
- Temple Turmeric Elixirs*

BOOKS

- Practical Paleo*
- Powerful Paleo Superfoods* - Heather Connell
- The Paleo Diet* - Loren Cordain
- The Paleo Diet Cookbook* - Loren Cordain
- The Paleo Cure* - Chris Kresser
- Against All Grain* - Danielle Walker
- The Autoimmune Paleo Cookbook* - Micky Trescott

DAIRY

Butter:

- Kerrygold*
- Organic Pasture*
 - Raw (available where raw dairy is legal)
 - Pastured Butter
 - Cultured Butter
- Meyenberg* Goat Milk Butter

Note: butter & cheese brands are supplied if you know you tolerate them well—you may also choose to clarify your butter.

Ghee:

- Organic Valley Purity Farms* Ghee

Cheese:

- Raw, grass-fed
- Berner Valley* Raw Milk White Cheddar
- Rumiano* Grass-Fed Cheese, Various Flavors
- Kerrygold* Cheese
 - Dubliner
 - Skellig
 - Blarney Castle
 - Swiss

Yogurt:

- Bellwether Farms* Sheep Milk Yogurt
- Latta* organic Grass-fed Kefir
- Organic Pastures* Kefir (where raw dairy is legal)
- Redwood Hill Farm* Cultured Goat Milk Kefir
- Wallaby* Organic Kefir and Greek Yogurt
- Straus* Organic Plain Whole Milk Yogurt
- Dreaming Cow* Grass-Fed Cream Top Yogurt

Milk & Cream:

- Natural By Nature* Heavy Cream
- Organic Pastures* Milk & Cream (where raw dairy is legal)
- Kalona* Grass-Fed Non-Homogenized Organic Whipping Cream

FRESH PRODUCE & REFRIGERATED ITEMS

- Organic & seasonal produce; conventional produce on the Clean 15

Other:

- Bubbie's*
 - Sauerkraut
 - Pickles
- Farmhouse Culture*
 - Kraut
 - Kimchi
- Ozuke*
 - Beets, Dulse, & Kale
 - Kraut
 - Kimchi
- Wildbrine*
 - Sauerkraut
 - Kimchi
- Don Hermann & Sons*
 - Kosher Dill Pickles
- Sprouts* Pre-Packaged Prepared Items
 - Pico de Gallo
- Wholly Guacamole* Organic
- Ruby Fresh Jewels* Pomegranate Arils

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REAL FOOD SHOPPING LIST

by *Diane* SANFILIPPO



FRESH MEAT/POULTRY/SEAFOOD

Red Meat:

- Applegate Organics grass-fed hot dogs
- Verde Organic Grass-Fed Beef, Various Cuts
- New Zealand Lamb, Grass-Fed, Various Cuts

Poultry:

- Rosie's Chicken, Free-Range and Organic

Pork:

- Niman Ranch pork
- Niman Ranch uncured Bacon and Canadian Bacon
- Garrett Valley Sugar-Free Paleo-Friendly Bacon
- Applegate Naturals
 - Uncured Sunday Bacon
 - Uncured Turkey Bacon
- Coleman Natural Uncured Hickory Smoked Bacon
- Pederson's Paleo Bacon

Seafood:

- ECHO Falls wild Pacific salmon

Deli Meat & Sausages:

- Applegate Organics deli meat
 - Uncured ham
 - Roast beef
 - Salami
- Usinger's Braunschweiger (liver sausage)

Eggs:

- Organic Valley Organic Free-Range Eggs
- Sprouts Organic or Organic Omega-3 Eggs
- Chino Valley Rancher's Organic or Organic Omega-3 Eggs

FROZEN

Fruits & Vegetables:

- Organic fruit
- Organic vegetables

Protein:

- Beef, 100% grass-fed ground
- Bison, ground beef or steaks
- Applegate Naturals Breakfast Sausage, Various Flavors
- Pederson's Breakfast Sausage

- Organic Prairie
 - Ground Turkey
 - Ground Chicken
- Durham Ranch
 - Ground Elk, Boar, Kangaroo, Venison
- Blackwing Meats Organic Ground Pork
- Northern Chef Wildcaught Seafood
- Orca Bay Wildcaught Seafood

Sweets:

- Ice Cream
 - Straus Family Creamery Organic
 - Three Twins Organic

GROCERY

Seafood:

- Bar Harbour Wild Herring Fillets
- Crown Prince
 - Wild Caught Kipper Snacks
 - Sardines
 - Anchovies
 - Oysters
- Wild Planet Canned Fish, Sardines, Anchovies
- Wild Selections
 - Salmon Fillets
 - Tuna
- Henry and Lisa's
 - Wild Alaskan Pink Salmon
 - Wild Sardines
- Bela Sardines
- Sustainable Seas Tuna
- Safe Catch Tuna
- Tonnino Jarred Tuna

Fruit:

- Organic Applesauce
 - Santa Cruz Organic
 - Sprouts Organic

Jarred/Canned:

- Nut butters
 - Artisiana
 - Justin's

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Not all items are part of the [the 21-Sugar Detox \(21DSD\) Yes/No list](#) so if shopping for 21DSD, use recommended products & brands list on p. 224 of the 21DSD.



REAL FOOD SHOPPING LIST

by *Diane* SANFILIPPO



- Once Again Organic Tahini
- Sunbutter
 - Organic Unsweetened
 - Natural No Sugar Added
- Coconut Milk
 - Thai Kitchen organic coconut milk – regular, not light
 - Native Forest Organic Coconut Milk
 - Sprouts Organic Coconut Milk
- Sprouts Organic Pumpkin Puree
- Tomato paste, diced tomatoes
 - Jarred: *Bionaturae*
 - BPA-free cans: *Muir Glen Organic*
 - Jarred: *Yellow Barn Biodynamic*
- St. Dalfour* 100% Fruit Preserves
- Crofter's* Just Fruit Organic Fruit Spread
- Gaea*
 - Olive Spread
 - Eggplant Spread
 - Olive Snack
- Organic Divina*
 - Olive Spread
 - Pitted Olives
- Native Forest* Artichoke Hearts
- Jeff's Naturals*
 - Capers
 - Bell Peppers
 - Pepperoncini
 - Jalapeños
 - Hot Cherry Peppers
 - Olives
 - Antipasto
- Mediterranean Organic*
 - Wild Capers

Fats & Oils:

- Coconut oil
 - *Artisana*
 - *Aunt Patty's*
 - *Dr. Bronner's*
 - *Kelapo*
 - *Nutiva*

- *Sprouts*
- *VitaCoco*
- *Spectrum Organic*
- Nutiva* Red Palm Oil
- Avocado Oil
 - *Ahuacatlan*
 - *Bella Vado*
 - *Spectrum*
- Olive Oil
 - *Napa Valley Organic*
 - *Bellucci Organic*
 - *Lucini Organic*

Other:

- Farmer's Market*
 - Canned Organic Pumpkin
 - Sweet Potato
 - Butternut Squash
- Seaweed
 - *Emerald Cove*
 - *Seasnax*
 - *Sprouts* Roasted Seaweed Snack Pack
 - *GimMe Organic*
- Pacific Organic* Bone Broth and Stock

SEASONINGS/SAUCES/OILS

Vinegars & Fermented Items:

- Bragg's* Raw Unfiltered Apple Cider Vinegar
- Coconut Secret*
 - Coconut Vinegar
 - Coconut Aminos
 - Teriyaki Sauce
 - Garlic Sauce
- Napa Valley Naturals* Vinegars
- Sprouts* Raw Unfiltered Apple Cider Vinegar

Condiments:

- Mustard:
 - *Annie's Naturals*
 - *Organicville*
 - *Koops Organic*
 - *Rao's and Mezzetta* Marinara & Tomato-based sauces

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Not all items are part of the [21-Sugar Detox \(21DSD\) Yes/No list](#) so if shopping for 21DSD, use recommended products & brands list on p. 224 of the 21DSD.



REAL FOOD SHOPPING LIST

by *Diane* SANFILIPPO



- ❑ Salsa
 - Amy's
 - Sprouts Organic
- ❑ Ketchup
 - OrganicVille
 - Annie's Organic
 - Muir Glen Organic
- ❑ Sir Kensington's
 - Mustard
 - Special Sauce
 - Ketchup
 - Mayonnaise
 - Sriracha Mayonnaise
- ❑ Pasta Sauce
 - Yellow Barn Biodynamic
 - Colavita Organic

Seasonings:

- ❑ Spices
 - Simply Organic
 - Sprouts Organic
- ❑ Celtic Sea Salt
- ❑ Redmond Real Salt

SNACKS/TREATS

Fruit Based

- ❑ Bare Fruit Organic Fuji Apples, Green Apples, or Cinnamon Apples
- ❑ Kit's Organic fruit and nut bars
- ❑ Larabars
- ❑ Little Duck Organics Tiny Fruits (in baby food section)
- ❑ Made in Nature organic dried fruit (single-ingredient, all kinds)
- ❑ Nativias
 - Dried berries
- ❑ Organic Applesauce/fruit pouches:
 - Plum Organics
 - Ella's Kitchen
 - Happy Squeeze
 - Mamma Chia
- ❑ Organic dried fruit
- ❑ Newman's Own

- Organic Dried Fruit
- Raisins
- Cranberries

- ❑ Barnana Banana Bites
- ❑ Bulk Dates, Organic Deglet and Medjool
- ❑ Athena
 - Organic Dried Apricots
 - Dried Figs

Chips

- ❑ Boulder Canyon Avocado Canyon Cut and Coconut Oil Kettle Cooked Chips
- ❑ Plantain Chips
- ❑ Sprouts Brand
- ❑ Inka Packaged and in Bulk

Snacks

- ❑ GoRaw
 - Coconut Crisps
 - Flax Snax
 - Veggie "cookies"
- ❑ Wonderfully Raw:
 - Brussel Bytes
 - Snip Chips
- ❑ Larabar Renola Snack Packages
- ❑ Dang Coconut Chips
- ❑ Organic Gemini Tigernut Snacks
- ❑ Epic Bars

Nuts & Seeds

- ❑ Nut butter squeeze packs
 - Artisana
 - Justin's
- ❑ Nativias
 - Chia seeds
- ❑ Raw nuts in bulk section
- ❑ Woodstock Organic Nuts

Treats

- ❑ Wonderfully Raw: Coco-rooms
- ❑ Hail Merry
 - Miracle Tarts
 - Macaroons
- ❑ Laughing Giraffe Snakaroons
- ❑ Emmy's Macaroons
- ❑ Jennie's Coconut Macaroons

** Be sure to check the ingredients when buying coconut water as they should not contain added sugar or sweeteners.

Not all items are part of the the 21-Sugar Detox (21DSD) Yes/No list so if shopping for 21DSD, use recommended products & brands list on p. 224 of the 21DSD.



REAL FOOD SHOPPING LIST

by Diane SANFILIPPO



Chocolate

- ❑ Chocolate Bars
 - *Alter Eco Dark Blackout Organic Chocolate 85%*
 - *Theo Pure 85% Chocolate*
- ❑ *Nativias*
 - Cacao powder
 - Cacao Nibs
- ❑ *Himalania*
 - Organic Raw Cacao Nibs

Chocolate Bars

- ❑ *Sweet Riot 85%*
- ❑ *Equal Exchange Organic Dark Varieties*
- ❑ *Salazon Organic Dark Chocolate with Sea Salt and Coconut*
- ❑ *Heavenly Organics Honey Patties, Varies Flavors*

** Be sure to check the ingredients when buying coconut water as they should not contain added sugar or sweeteners.

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REAL FOOD SHOPPING LIST

by *Diane* SANFILIPPO



This list is only a partial compilation of recommended products and brands. Please remember to always check labels for undesirable ingredients if you find a product in your local store that we may have unintentionally left out.*

BAKING STAPLES

Sweeteners:

- Maple Syrup
- Raw Honey

Other:

- Spectrum Organic* All Vegetable Shortening

BEVERAGES

Coffee:

- Chameleon Cold Brew*
- Coffee beans
 - *Archer Farms* organic

Water:

- Coconut Water Canned/boxed:**
 - *VitaCoco*

Fermented Beverages:

- GT's Synergy Kombucha

Teas:

- *Simply Balanced*
- *Traditional Medicinals*

BOOKS

- Practical Paleo*

You can save 42% (or more) off "Practical Paleo" at Target, with their price match policy. Saving \$16.59 off of the \$39.95 retail price in store is easy peasy!

Just bring the book to customer service, and pull up the listing on Amazon.com on your smart phone or iPad to show them the price it's selling for. That's it!

DAIRY

Cheese:

- Kerrygold*

FRESH PRODUCE & REFRIGERATED ITEMS

- Organic & seasonal produce; conventional produce on the Clean 15

Fermented Foods:

- Farmhouse Culture* raw sauerkraut
- Grillo's* Pickles
- Mother-in-Law's* Kimchi
- Bubbie's*
 - Sauerkraut
 - Pickles

Condiments:

- Tessemae's*:
 - Salad dressings
 - Marinades & sauces

FRESH MEAT/POULTRY/SEAFOOD

Red Meat:

- Applegate Organics* Grass-Fed Hot Dogs
- ECHO Falls* wild Pacific salmon
- Thousand Hills* 100% Grass-Fed Hot Dogs
- Thousand Hills* 100% Grass-fed ground Beef
- Laura's Organic* Grass-fed ground beef

Seafood:

- Simple Seafood* Wild Alaskan Salmon

Pork:

- Applegate Organics* Sunday Bacon

Deli Meat & Sausages:

- Applegate Farms* Deli Meats
 - *Chicken* Breast
 - *Genoa* Salami
 - *Roast* Beef
 - *Roasted Turkey* Breast
 - *Smoked Turkey* Breast
 - *Uncured Black Forest* Ham
 - *Uncured* Pepperoni

** Be sure to check the ingredients when buying coconut water as they should not contain added sugar or sweeteners.

Not all items are part of the the 21-Sugar Detox (21DSD) Yes/No list so if shopping for 21DSD, use recommended products & brands list on p. 224 of the 21DSD.



REAL FOOD SHOPPING LIST

by Diane SANFILIPPO



GROCERY

Seafood:

- Bumble Bee* wild Alaskan Salmon
- Chicken of the Sea* wild caught Salmon
- Wild Planet*:
 - Tuna
 - Salmon
 - Sardines

Jarred/Canned:

- Muir Glen* Organics
 - Canned tomatoes
 - Tomato paste
 - Pizza sauce
 - Pasta sauce
 - Tomato sauce
- Nut butters:
 - *Maranatha* Almond Butter
 - *Justin's* Almond Butter
- Thai Kitchen* Organic Coconut Milk

Fats & Oils:

- Coconut Oil
 - *Artisana*
 - *Bronner's*
 - *Kelapo Extra Virgin*
 - *Nutiva*

SEASONINGS/SAUCES

Vinegars & Fermented Items:

- Bragg's Raw* Unfiltered Apple Cider Vinegar
- Eden Organic* Apple Cider Vinegar

Seasonings:

- Morton* Sea Salt

SNACKS/TREATS

Nuts & Seeds:

- Archer Farms* Raw Nuts

Fruit Based:

- Plum kids organic* fruit shredz
- Plum kids organic* fruit & veggie shredz
- Larabars*
- Barefruit organic apples

Chocolate:

- Lindt* dark chocolate 70%, 85%, 90%

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Not all items are part of [the 21-Sugar Detox \(21DSD\) Yes/No list](#) so if shopping for 21DSD, use recommended products & brands list on p. 224 of the 21DSD.



REAL FOOD SHOPPING LIST

by *Diane* SANFILIPPO



This list is only a partial compilation of recommended products and brands. Please remember to always check labels for undesirable ingredients if you find a product in your local store that we may have unintentionally left out.*

BAKING STAPLES

Sweeteners:

- Maple syrup
- Raw honey
- Coconut sugar, organic
- Maple sugar

Flours:

- Almond meal
- Cashew meal
- Coconut Flour
- Flaxseed Meal
- Bob's Red Mill*:
 - Flaxseed meal

Other:

- Cacao powder

BEVERAGES

Coffee:

- Coffee, organic and fair trade

Water:

- Mineral water
 - *San Pellegrino*
- Coconut water
 - *Zico*
- Tea:
 - *Yogi* brand Ginger & Green Super Antioxidant Tea
 - *Trader Joe's* teas, organic
- GT's Synergy Kombucha

Juice:

- 100% juices
- Unpasteurized Orange Juice

DAIRY

Butter:

- Kerrygold* Butter

Cheese:

- Goat cheese
- Grassfed Cow's Milk Cheese
- Raw Cow's Milk Cheese

Note: butter & cheese brands are supplied if you know you tolerate them well—you may also choose to clarify your butter.

FRESH PRODUCE & REFRIGERATED ITEMS

- Organic & seasonal produce; conventional produce on the Clean 15
- Pre-packaged Guacamole
- Raw Sauerkraut

FRESH MEAT/POULTRY/SEAFOOD

Red Meat:

- Grassfed ground Beef & Beef Burgers

Poultry:

- Organic Free Range Chicken, Chicken Breasts, Chicken Legs

FROZEN

Fruit & Vegetables

- Organic fruit
- Organic vegetables

Protein:

- Fish fillets or Steaks, unseasoned
- Grassfed Angus Burgers, Buffalo Burgers, Turkey Burgers
- Grassfed Ribeye or Strip Loin Steak
- Seasoned Rack of Lamb



REAL FOOD SHOPPING LIST

by *Diane* SANFILIPPO



- Wild caught Blue or red Shrimp
- Wild caught Scallops
- Wild caught Seafood blend

GROCERY

Seafood:

- Pink Salmon
- Red/sockeye salmon
- Sardines, wild caught in spring water or skin less/boneless in olive oil
- Crown Prince* Smoked oysters

Fruit:

- Applesauce, organic (jarred or individual cups)

Jarred/Canned:

- Almond butter
 - Raw or dry roasted,
 - Creamy or crunchy
 - Salted or unsalted
- Olives, jarred or canned
- Tomatoes, diced or whole
- Coconut milk

Fats & Oils:

- Coconut Oil
- Red Palm Oil
- Ghee

SEASONINGS/SAUCES

Vinegars & Fermented Items:

- Apple Cider Vinegar
- Balsamic Vinegar

Seasonings:

- African smoke seasoning, Everyday seasoning and other spice blends
- Crushed Garlic
- Salt
 - Sea Salt

- Pink Himalayan Salt
- Smoked Salt

Sauces/Condiments:

- Jarred Salsa
 - Salsa Verde
 - Roasted Garlic Salsa
 - Double Roasted Salsa
 - Garlic Chipotle Salsa
 - Organic Tomatillo and Roasted Yellow Chili Salsa
 - Hot Chipotle Salsa
 - Chunky Salsa
- Tomato paste
- Tomato Sauce
- Red Boat Fish Sauce

SNACKS/TREATS

Fruit:

- Larabars*
- Medjool dates
- Freeze-dried fruit

Chips:

- Kale chips
- Plantain chips
- Coconut flakes

Nuts & Seeds:

- Nuts and seeds (raw or dry roasted, salted or unsalted)

Snacks:

- Pickles, dill
- Crispy Broccoli Florets chips

Chocolate:

- Organic 72% cacao Belgian dark chocolate bar
- Organic dark chocolate 73% super dark
- Dark chocolate lovers 85% dark chocolate (contains soy lecithin)



REAL FOOD SHOPPING LIST

by Diane SANFILIPPO



This list is only a partial compilation of recommended products and brands. Please remember to always check labels for undesirable ingredients if you find a product in your local store that we may have unintentionally left out.*

BAKING STAPLES

Sweeteners:

- Madhava organic* coconut sugar

Flours:

- Bob's Red Mill* products
 - Baking soda
 - Almond meal
 - Flaxseed
 - Tapioca flour
 - Coconut flour

Chocolate:

- Great Value* cocoa powder

BEVERAGES

Coffee:

- Organic coffee beans

Water:

- Mineral water
 - *La Croix* sparkling water
 - *Pellegrino* sparkling water
- Fuji* still water
- Coconut water
 - *Zico*

Juices:

- Great Value* 100% juices

DAIRY

Butter:

- Kerrygold* butter

Note: butter & cheese brands are supplied if you know you tolerate them well—you may also choose to clarify your butter.

Eggs:

- Vital Farms* pasture-raised Alfresco Eggs

Milk:

- Organic Valley* pasture-raised whole milk

FRESH PRODUCE & REFRIGERATED ITEMS

- Organic & seasonal produce; conventional produce on the **Clean 15**
- Great Day* hard boiled eggs
- Guacamole
 - *Good Foods*
 - *Wholly Guacamole*

FRESH MEAT/POULTRY/SEAFOOD

Beef:

- Nathan's* beef franks

Poultry:

- Boneless skinless chicken breasts
 - *Harvestland* chicken breasts

Deli Meat & Sausages:

- Applegate Farms* products
- Hormel Natural Choice* deli meats

FROZEN

Protein:

- Great Value*
 - Fish fillets (tilapia, swai, skin on salmon)
 - Shrimp

Fruits & Vegetables

- Birds Eye* steamed frozen vegetables

GROCERY

Seafood:

- Great Value* products
 - Canned mackerel
 - Canned smoked oysters
 - Canned salmon
 - Canned sardines
 - Canned tuna



REAL FOOD SHOPPING LIST

by Diane SANFILIPPO



Jarred & Canned:

- Applesauce
- Coconut cream
- Coconut milk
 - *Golden Star*
 - *Great Value*
- Great Value* products
 - Canned & jarred jalapenos
 - Canned tuna
 - Canned water chestnuts

SEASONINGS/SAUCES

Seasonings:

- Himalayan Sea Salt

Sauces:

- Mustard
 - *Annie's* organic mustard

SNACKS

Fruit:

- Buddy Fruits* pure fruit blends

Snacks:

- Mariani* honey nut bars



Please note that this is a partial list of recommended products from the Fairfax, VA Wegman's location. Remember to check ingredient labels for non-ideal ingredients.

This list was compiled by Monica Kuebler, BS, NASM-CPT, CMT, CMTA
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BAKING STAPLES

Bob's Red Mill:

- Almond meal
- Arrowroot flour
- Chia seeds
- Coconut flour
- Flaxseed meal
- Hemp seeds
- Nutritional yeast
- Potato starch
- Tapioca starch

Let's Do Organic:

- Coconut
- Coconut flakes

Navitas Naturals:

- Cocoa powder
- Cocoa nibs

Coconut Secret:

- Coconut nectar
- Coconut crystals/sugar
- Creamed coconut

Sweeteners:

- Maple syrup
- Organic raw honey

BEVERAGES

Milk:

- Almond milk

Coconut Water:

- Coco Libre*
- One*
- Red Coconut Water*
- Vita Coco*
- Zico*

Coffee:

- Coffee, organic and fair trade
- Cold Brew coffee
 - *Chameleon*

Fermented Beverages:

- Kombucha
 - *GT's Synergy*
- Sparkling Probiotic Drinks
 - *Kevita* drinks and tonics

Juices:

- 100% juices
- Red Jacket* cold-pressed pasteurized juices
- Unpasteurized orange juice

Maple Water:

- Vertical Water*

Mineral Water:

- Gerolsteiner*
- San Pelligrino*

Tea/Hot Chocolate:

- Dagoba Hot Chocolate*
- Honest Tea*
- Inko's Organic*
 - *Mighty Leaf*
 - *Numi*
 - *Organic India*
 - *Rishi*
 - *Tazo*
 - *Teatulia*
 - *Traditional Medicinals*
 - *Vita Coco Café*
 - *Yerba Mate*
 - *Yogi*



CANNED SEAFOOD

- Wild Planet Sardines
- Wild Planet Salmon

CONDIMENTS

- Coconut Secret Coconut Aminos
- Crafter's Organic fruit spread

DAIRY

Butter:

- Kerrygold butter
- Purity Forms ghee

Cheese:

- Goat cheese
- Grassfed cow's milk cheese
- Kerrygold Dubliner cheese
- Raw Milk Cheeses
 - Blue cheese
 - Cheddar
 - Gorgonzola
 - Roquefort

Milk:

- Myenberg Goat Milk

FRESH PRODUCE & REFRIGERATED ITEMS

- Organic and seasonal produce
- Conventional produce on the Clean 15 list

Fermented Foods:

- Bubbie's
 - Pickles
 - Sauerkraut
- Mother-In-Law's kimchi
- Raw Slaw products
- Wildbrine products

FRESH MEAT/POULTRY/SEAFOOD

Red Meat:

- Applegate Organic Grass-Fed Hot Dogs
- Grass-fed beef
- Organic lamb

Poultry:

- Organic chicken
- Organic turkey

Seafood:

- Fresh fish and some wild-caught options

Pork:

- Organic and uncured bacon
- Uncured hot dogs

Deli Meat & Sausages:

- Applegate deli meats

FROZEN FOODS

Against The Grain Gourmet:

- Baguettes
- Bagels
- Pizza
- Pizza crust
- Rolls

Fruits & Vegetables:

- Organic vegetables and vegetable blends
- Organic fruit

Proteins:

- Applegate organic sausages
- Wild caught seafood

Sweets:

- Ice cream
- Coconut milk ice cream

GROCERY

Seafood:

- Wild Planet sardines and salmon

Jarred/Canned:

- Native Forest canned fruit
- Native Forest coconut milk
- Wegman's organic salsa



Fats & Oils:

- Kelapo coconut oil spray

Other:

- Next Organics nuts and dried fruit
- Organic applesauce
- Paleo People fruit and nut cereal/granola
- Seaweed products

NUTS, SEEDS & NUT BUTTERS

- Artisana coconut and nut butters
- Justin's nut butters
- Wegman's organic nut & seed butters
 - Almond butter
 - Tahini
- Wild Friend's Organic

OILS & VINEGARS

- Bragg's Raw Apple Cider Vinegar
- Coconut Secret
 - Coconut Aminos
 - Coconut Vinegar
- Nutiva
 - Coconut oil
 - Coconut manna
 - Red palm oil
- Spectrum vegetable shortening

SEASONINGS & SWEETENERS

- Coconut Palm Sugar
- Molasses
- NuNaturals Stevia
- Really Raw Honey
- Sucanat
- Sweetleaf Stevia

SNACKS/TREATS

Chips:

- Brad's Raw Crunchy kale chips
- Rhythm Superfoods kale chips

Chocolate:

- Dagoba
- End Species Chocolate 72% and 88%
- Enjoy Life chocolate chips and chunks
- Green and Black's Organic Chocolate 85%
- Justin's peanut and almond butter cups
- Lily's chocolate bars (erythritol sweetened)
- Sun Cups sunflower butter cups
- Theo Chocolate 70% and 85%

Fruit:

- Creative Snacks Company coconut chips
- Nature's All Foods dried fruits

Fruit based:

- Mama Chia fruit & chia seed purees
- Wegman's fruit strips
- Veggie Go's vegetable and fruit strips

Snacks:

- Epic bars
- Go Raw Flax snacks, bars, granola, seeds
- Larabars

Treats:

- Laughing Giraffe Organics Snackaroons



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BAKING STAPLES

Sweeteners:

- Coconut Sugar
 - *Big Tree Farms* Organic
 - *Coconut Secret*
 - *Wholesome Sweeteners*
- Sucanat
 - *Rapunzel*
 - *Wholesome Sweeteners*
- Madhava* Coconut Sugar
- Organic raw honey
- Coombs Family Farm* Organic Maple Sugar
- Wholesome Sweeteners* Organic Molasses
- Organic Maple Syrup

Flours:

- Bob's Red Mill* Flours
 - Coconut flour
 - Tapioca starch (from cassava root)
 - Arrowroot flour
 - Potato starch
 - Almond meal/flour
- Let's Do Organic* Products
 - Coconut flour
 - Tapioca starch
- Dowd & Rogers* Italian chestnut flour
- Arrowhead Mills* Organic
 - Tapioca flour
 - Coconut flour
- Coconut Secret* Raw Coconut Flour

Nuts, Seeds & Nut Butters:

- Artisana*
 - Almond & other nut butters
 - Coconut Butter
- Maranatha* Almond Butter
- Once Again* almond and sunflower seed butters
- 365 organic tahini

- Dastony* organic, raw, sprouted nut butters
- Rejuvenative Foods* raw organic nut butters
- Organic Chia and Flax seeds

Chocolate:

- Enjoy Life* chocolate chips & chunks
- Unsweetened cocoa/cacao powder
 - *Lake Champlain*
 - *Nativas*
 - *Rapunzel*
 - *TCHO*
 - *Equal Exchange*
 - *Essential Living Foods* raw
 - *Sunfood Superfoods* raw organic

Other:

- 365 baking soda
- Let's Do Organic*
 - Coconut flakes
 - Coconut shreds
 - Coconut chunks
 - Dried fruit/nuts
- Spectrum* organic shortening
- Nutiva* organic shortening
- Simple Mills* baking mixes
- Hain* corn starch-free baking powder
- Native Forest* organic coconut cream and creamed coconut
- Organic almond and vanilla extracts, many brands

BEVERAGES

Coffee:

- Cold Brew
 - *Chameleon*
 - *Stumptown*
 - *Secret Squirrel*
- Coffee beans
 - *Allegro* Coffee

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REAL FOOD SHOPPING LIST

by Diane SANFILIPPO



- *Blue Bottle*
- *Four Barrel*
- *Ritual*
- Other organic free-trade coffee beans

Water:

- Coconut Water Canned/boxed:**
 - 365
 - *Amy & Brian's*
 - *Blue Monkey*
 - *VitaCoco*
 - *Zico*
- Coconut Water Raw/Refrigerated:**
 - *Harmless Harvest 100% Raw Coconut Water*
 - *Invo* unheated

Fermented Beverages:

- Kombucha:
 - *GT's Synergy*
 - *Ciara's Komboost*
- Zukay Live Foods* veggie drink

Teas:

- 365
- *Allegro*
- *Mighty Leaf*
- *Numi*
- *Organic India*
- *Traditional Medicinals*
- *Two Leaves*
- *Yogi*

Other:

- Organic Gemini* Tigernut Horchata
- Temple Turmeric Elixirs*

BOOKS

- Practical Paleo*
- The Everything Weeknight Paleo Cookbook*

DAIRY

Butter:

- Kerrygold*
- SMJOR*

- Natural By Nature*
- Liberte* goat milk butter
- Organic Valley* pasture butter
- Kalona Supernatural*

Note: butter & cheese brands are supplied if you know you tolerate them well—you may also choose to **clarify your butter**.

- Ghee
 - *Ancient Organics* in the refrigerated section
 - *Purity Farms*
 - *Organic India* in the grocery aisles

Yogurt:

- *San Benoit*
- *Maple Hill Creamery*
- *Traderspoint Creamery*
- *Wallaby Organic* whole milk kefir and Greek yogurt
- *Redwood Hill Farm* plain cultured goat milk kefir
- *Lazy Meadows* grass-fed whole milk yogurt

Cheese:

- Holland Reserve* Robusto
- Kalona Supernatural* full fat Cottage Cheese
- Kerrygold* Dubliner
- Other raw, grass-fed cheeses at the cheese counter

Milk & Cream:

- Kalona Supernatural* Buttermilk
- Natural By Nature* heavy cream
- Organic Valley* Grassmilk (whole, grass-fed, non-homogenized)
- San Benoit* Jersey Milk (whole, grass-fed, non-homogenized)

FRESH PRODUCE & REFRIGERATED ITEMS

- Organic & seasonal produce; conventional produce on the **Clean 15**

Fermented Foods:

- Farmhouse Culture* raw sauerkraut
- Grillo's* Pickles
- Mother-in-Law's* Kimchi
- Bubbie's*
 - Sauerkraut

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- Pickles

- Rejuvenate Foods raw organic kimchi
- Wildbrine fermented veggies
- Farmhouse Culture gut shot

Condiments:

- Tessemae's:
 - Salad dressings
 - Marinades & sauces
 - Mayonnaise

Other:

- Prepackaged in produce section
 - Zoodles
 - Guacamole
 - Various salsas
 - Pomegranate seeds

FRESH MEAT/POULTRY/SEAFOOD

Red Meat:

- Applegate Organics Grass-Fed Hot Dogs
- Fork in the Road Hot Dogs
- Grass-fed meat from the butcher counter—choose items rated 3 or higher on the step rating scale
- Wellshire Organic Grass-fed Hot Dogs
- Simply Grazin' 100% Grass-Fed Beef (all cuts)
- Nature's Rancher ground buffalo
- Strauss pasture-raised veal, various cuts

Poultry:

- Bell & Evans organic chicken livers
- Chicken from the butcher counter—choose items rated 3 or higher on the step rating scale
- Chicken feet & backs for making broth

Seafood:

- All fresh fish, especially wild-caught options
- ECHO Falls wild Salmon/whitefish caviar
- Blue Hill Bay wild Herring - all varieties (contains sugar, but very little & otherwise clean)
- Whole Catch wild Alaskan Sockeye Salmon (lox)

Pork:

- Applegate Organics bacon
- Wellshire Farms pork liverwurst

- Niman Ranch bacon
- Ejay's uncured bacon ends and pieces
- Pederson's Paleo bacon

Deli Meat & Sausages:

- Applegate Farms Deli Meats:
 - Roasted Turkey Breast
 - Smoked Turkey Breast
 - Uncured Black Forest Ham
 - Uncured Hot dogs
- Naturalissima salami and pepperoni
- Diestel Organic roasted turkey

Eggs:

- Vital Farms varieties
- Farmer's Hen House Organic

FROZEN

Fruits & Vegetables:

- Organic vegetables & vegetable blends
- Organic fruit

Proteins:

- Applegate Organic Sausages
- Wild caught Seafood
- Diestel turkey sausage
- Mary's Free Range duck

Sweets:

- Ice Cream
 - Jeni's Grass-Fed
 - Straus Family Creamery Organic
 - Three Twins Organic
 - Luna & Larry Coconut Milk Icecreams

GROCERY

Seafood:

- Bar Harbour wild Kipper Snacks (herring)
- Bela Sardines
- Crown Prince
 - Wild caught Kipper Snacks
 - Sardines
 - Tuna
- Henry & Lisa's wild canned fish
- Wild Planet

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- Canned fish
- Sardines
- Pole and Line tuna
- Raincoast Trading canned fish
- Jarred/Canned:**
- Coconut milk
 - 365 organic
 - Thai Kitchen – regular, not light
- Farmer’s Market
 - Organic pumpkin
 - Sweet potato
 - Butternut squash
- Mediterranean Organics
 - Olives
 - Capers
- Tomato paste/diced tomatoes
 - Jarred: *Bionaturae, Eden Organic, Jovial*
 - BPA-free cans: *Muir Glen Organic*
- Nut butters
 - *Artisana*
 - *Justin’s*
 - *International Harvest*
 - *Sunbutter* (Organic unsweetened, natural, no sugar added)
- Nutiva Coconut manna
- Fats & Oils:**
- Coconut Oil
 - *Artisana*
 - *Bronner’s*
 - *Kelapo Extra Virgin*
 - *Nutiva*
- Red Palm Oil
 - *Everyday Cuisine*
 - *Nutiva*
- Kelapo* Coconut Oil spray
- La Tourangelle* Walnut Oil
- Other:**
- International Harvest*
 - Dried fruit
 - Nuts

- Organic applesauce
 - *Santa Cruz Organic*
 - *365 Organic*
- Seaweed
 - *Eden*
 - *Emerald Cove*
 - *Gold Mine*
 - *Seasnax*
- Peloponnese Grape Leaves
- Nutiva* Shredded coconut

SEASONINGS/SAUCES

Vinegars & Fermented Items:

- Bionaturae* Balsamic Vinegar
- Bragg’s* Raw Unfiltered Apple Cider Vinegar
- Coconut Secret* Coconut Aminos

Seasonings:

- Mustard
 - 365
 - *Eden Organic Brown*
 - *Annie’s*
- Redmond* Real Salt
- Selina* Naturally Celtic Sea Salt
- Spices
 - 365 Organic
 - *Frontier*
 - *Simply Organic*
 - *Spicely*

Sauces:

- Rao’s & Mezzetta* marinara & tomato-based sauces

SNACKS/TREATS

Chips:

- Boulder Canyon* Avocado Canyon Cut Sea Salt Potato Chips
- Good Health Natural Foods* Avocado Oil Potato Chips
- Just Pure Foods* Veggie Chips
 - Pesto Tomato
 - Pesto Zucchini

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REAL FOOD SHOPPING LIST

by *Diane* SANFILIPPO



- Kale Chips:
 - *Alive & Radiant*
 - *Lydia's Organic*
 - *Pacific Northwest*
 - *Vampire*

Fruit:

- Bare Fruit* organic Fuji apple chips
- Hadley v* Dates
- Made in Nature* dried fruit
- Organic Applesauce pouches
 - *Treetop*
 - *GoGo Squeeze*
- Kirkland* Calimyrna figs
- Kirkland* Apricots
- Kirkland* Antioxidant Fusion

Nuts & Seeds:

- Nut butter squeeze packs
 - *Artisana*
 - *Justin's*
- GoRaw*
 - Sprouted Pumpkin Seeds
 - Sprouted Sunflower Seeds
 - Sprouted Watermelon Seeds
- Nativas* Chia seeds
- Raw organic nuts/seeds (bulk section or pre-packaged)

Fruit Based:

- Bare Fruit Organic*
 - Fuji Apples
 - Green Apples
 - Apricots
- Nativas* dried Berries
- Organic Applesauce pouches
 - *GoGo Squeeze*
 - *Happy Squeeze*
- Organic dried fruit (check for added sugar/oils)
- Organic Just...* freeze dried fruit
- That's It* fruit bars

Snacks:

- Epic Bars* (jerky)
- Larabars*

- Kit's* Organic fruit & nut bars
- Tanka Bars* (jerky)
- Wellshire Tom-Toms* Turkey Snack Sticks

Treats:

- Wonderfully Raw* Coco-rooms
- Hail Mary*
 - Coconut Macaroons
 - Miracle Tarts

Chocolate:

- Equal Exchange* 88% dark Chocolate
- Madecasse* 80% dark Chocolate
- Nativas* Cacao Powder & Cacao Nibs
- Sweet Riot* 85% dark Chocolate
- Theo Pure* 85% Chocolate
- Tazo* Chocolate

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