



SIMPLE SHOPPING LIST

GRAIN / DAIRY / EGG / LEGUME / SUGAR FREE

Fruits & Vegetables

- ☐ Rainbow VARIETY, organic and locally-grown if possible
- ☐ Include lots of dark green leafy and cruciferous vegetables: broccoli, cabbage, spinach, kale, Swiss chard; lightly cook for easy digestion
- ☐ Focus on fruits that are low in fructose: berries, apples, apricots, cantaloupe, lemons, limes, passion fruit, plums
- ☐ Dirty Dozen (always buy organic): strawberries, cherries, raspberries, celery, lettuce, spinach

Flours

- ☐ [Blanched almond flour](#)
- ☐ [Raw Coconut flour](#)
- ☐ Other nut flours
- ☐ Flourless Flax Crackers

Nuts & Seeds (raw, unroasted, unsalted, soaked & dried)

- ☐ Macadamia nuts
- ☐ Almonds
- ☐ Walnuts
- ☐ Brazil nuts
- ☐ Pecans
- ☐ Hazelnuts
- ☐ [Chia seeds](#)
- ☐ [Hemp seeds](#)
- ☐ Flaxseeds
- ☐ Pumpkin seeds
- ☐ Natural nut butters made from these nuts & seeds (raw, unroasted, unsalted)

Poultry (organic, free-range, pasture-raised)

- ☐ Chicken
- ☐ Duck
- ☐ Turkey
- ☐ Pheasant
- ☐ Goose

Fish & Seafood (wild-caught, cold-water, sustainably farm-raised)

- ☐ Salmon
- ☐ Mackerel
- ☐ Halibut
- ☐ Herring
- ☐ Mahimahi
- ☐ Sardines (boneless, skinless in water)
- ☐ Oysters, shellfish

Check out [Vital Seafood](#) for amazing wild caught seafood products shipped directly to your door!

Meat

- ☐ Buffalo
- ☐ Lamb
- ☐ Beef
- ☐ Game Meats (Venison, Elk, Rabbit, Goat, etc)
- ☐ Pork
- ☐ Bacon from grass-fed, pastured beef/pork (without added sugar)
- ☐ Deli Meats (gluten, sugar, preservative-free)
- ☐ Organ Meats (liver, kidney, heart, brain, etc)

Check out [US Wellness Meats](#) for the highest quality small-farm meat products (and other great stuff!) shipped directly to your door!

Fats & Oils

- ☐ [Raw & unrefined coconut oil](#)
- ☐ [Unrefined coconut butter](#)
- ☐ [XCT Oil](#)
- ☐ [Extra-virgin, unrefined olive oil](#)
- ☐ Fish oil (high-quality)
- ☐ [Organic red palm oil](#)
- ☐ [Fat Works pastured lard, tallow, duck fat](#)
- ☐ Cold-processed (unheated) organic nut oils: macadamia oil, avocado oil
- ☐ [Coconut milk](#)
- ☐ [Coconut cream](#)

- ☐ Avocados
- ☐ Olives (in brine without sugar or preservatives)

Sweeteners

- ☐ Whole Leaf Stevia

Miscellaneous

- ☐ All herbs and spices: fresh and dried
- ☐ Raw Coconut Vinegar
- ☐ Coconut Secret Coconut Aminos
- ☐ Raw Apple Cider Vinegar
- ☐ Teecino (herbal coffee alternative)
- ☐ Organic ketchup without added sugar
- ☐ High quality dijon mustards (made without canola oil or added sugars)
- ☐ Homemade bone broths or ordered online from The Brothery
- ☐ Celtic Sea Salt, Himalayan Salt
- ☐ Unsweetened coconut flakes
- ☐ Raw Cacao Powder
- ☐ Cacao Butter
- ☐ Vanilla Bean Powder