



LOW IMPACT SHOPPING LIST

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, Brussels sprouts
- ☐ Focus on fruits that are low in fructose: berries, apricots, cantaloupe, lemons, limes, plums
- ☐ Dirty Dozen (always buy organic): strawberries, cherries, raspberries, celery, lettuce, spinach

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 (organic, 100% grass-fed/grass-finished, pasture-raised)

- ☐ 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, nitrate, 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!

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

- ☐ Eggs
- ☐ Chicken
- ☐ Duck
- ☐ Turkey
- ☐ Pheasant
- ☐ Goose
- ☐ Ostrich

Dairy (organic, grass-fed, full-fat, preferably raw)

- ☐ Butter
- ☐ Ghee
- ☐ Yogurt, plain
- ☐ Kefir, plain
- ☐ Whole milk
- ☐ Cheese, raw
- ☐ Goat milk and cheese
- ☐ Heavy whipping cream
- ☐ Sour cream
- ☐ Cottage cheese

Fats & Oils

- ☐ Raw & unrefined coconut oil
- ☐ Expeller-pressed coconut oil
- ☐ Unrefined coconut butter
- ☐ Avocado Oil
- ☐ Extra-virgin, unrefined olive oil
- ☐ Fish oil (high-quality)
- ☐ Organic pastured egg yolks
- ☐ Organic red palm oil
- ☐ Beef Tallow
- ☐ Lard (pastured)
- ☐ Duck Fat
- ☐ Cold-processed macadamia oil
- ☐ Palm Shortening (sustainable and organic)
- ☐ Sesame Oil (toasted or cold pressed)
- ☐ XCT Oil
- ☐ Brain Octane Oil

Nuts, Seeds & Nut/Seed Butters (purchase raw and organic when possible)

- ☐ Almonds
- ☐ Cashews
- ☐ Walnuts
- ☐ Macadamia nuts
- ☐ Pecans
- ☐ Pepitas (pumpkin seeds)
- ☐ Pine nuts
- ☐ Pistachios
- ☐ Sunflower seeds
- ☐ Brazil nuts
- ☐ Hazelnuts
- ☐ [Chia seeds](#)
- ☐ [Hemp seeds](#)
- ☐ Flaxseeds
- ☐ Sesame seeds
- ☐ Natural nut butters made from these nuts & seeds – almond butter, cashew butter, sunflower seed butter, pecan butter, tahini, etc.

Jarred and Canned Goods

- ☐ [Coconut milk](#)
- ☐ [Coconut cream](#)
- ☐ Organic tomato products (no citric acid or sugars added)
 - Diced tomatoes in juices
 - Strained tomatoes or tomato puree
 - Tomato paste
- ☐ Olives (in brine without sugar or preservatives)
- ☐ Curry paste
- ☐ Unsweetened applesauce
- ☐ Capers
- ☐ Fermented vegetables (refrigerated, local, organic)
- ☐ [Raw Apple Cider Vinegar](#)
- ☐ [Raw Coconut Vinegar](#)
- ☐ [Coconut Secret Coconut Aminos](#)
- ☐ Other vinegars
- ☐ Fish sauce (Red Boat brand)

Baking

- ☐ [Blanched almond flour](#)
- ☐ [Coconut flour](#)
- ☐ Arrowroot flour
- ☐ Baking powder (aluminum-free)
- ☐ Baking soda
- ☐ [Organic Coconut Sugar](#)
- ☐ Cream of Tartar
- ☐ Dark Chocolate, (85% cacao)
- ☐ Grade B Maple Syrup
- ☐ Raw, unfiltered, local honey
- ☐ [Raw Cacao Powder](#)
- ☐ [Cacao Butter](#)
- ☐ [Vanilla Bean Powder](#)
- ☐ Pure vanilla extract (no imitation vanilla)

Miscellaneous

- ☐ All herbs and spices: fresh and dried
- ☐ [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
- ☐ [Celtic Sea Salt](#), [Himalayan Salt](#)
- ☐ [Unsweetened coconut flakes](#)
- ☐ [Miracle Noodles](#)
- ☐ Flourless Flax Crackers