



LOW IMPACT & DAIRY FREE 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

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](#)

Flours, Breads, and Crackers

- ☐ [Blanched almond flour](#)
- ☐ [Coconut flour](#)
- ☐ Other nut flours
- ☐ Miracle Noodles
- ☐ Flourless Flax Crackers
- ☐ Paleo Brad and Paleo Wraps
- ☐ Skinny Crisps Crackers

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.

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](#)
- ☐ [Raw Coconut Vinegar](#)
- ☐ [Coconut Secret Coconut Aminos](#)
- ☐ [Raw Apple Cider Vinegar](#)
- ☐ [Raw Cacao Powder](#)
- ☐ [Cacao Butter](#)
- ☐ [Vanilla Bean Powder](#)