

Shopping List

Baking Staples

Flours

- Almond meal/flour
- Arrowroot flour
- Cassava flour
- Coconut flour
- Tapioca starch/flour
- Green banana flour

Cocoa/cacao powder (unsweetened).

- Organic Traditions
- Ecoideas
- Camino

Other baking staples

- Almond and vanilla extracts (pure), alcohol in this product is approved, organic is best choice.
- Whole vanilla bean
- Apple cider vinegar
- Baking powder
- Baking soda
- Coconut flakes and shreds
- Gelatin (unflavored/unsweetened)

Beverages

Coffee

- 100% coffee, unflavored.

Coconut Water

- Blue Monkey Coconut Water
- Taste Nirvana Coconut Water
- Thirsty Buddha Coconut Water

Coconut Milk/Cream

- Everland
- Earth's choice

Fermented Beverages

Look for less than 6-8 grams of sugar per 8 oz.

- Kombucha
 - Gt's Synergy Kombucha
 - True Buch Kombucha
 - Wild Tea Kombucha
- Teas

Approved teas are those with no sweeteners/juice or other no list ingredients added.

- Mineral water (still or sparkling)
- Nut milks (besides coconut; unsweetened)

- Blue Diamond Almond Breeze Unflavored
- Organic Traditions Cashew Milk Powder
- Natura Beverages Unsweetened

Other Beverages

- La Croix Sparkling Water
- Bone Broth – Boxed or Frozen
- Organika Bone Broth Powders

Coffee Creamer

- Organika MCT Oil Powder
- Laird's Superfoods Creamer - unsweetened

Collagen Peptides & Protein Powder

- Organika collagen
- Organika bone broth powder
- Vital Proteins collagen
- Garden Of Life collagen
- Bulletproof collagen

Note : All types permitted

- Whey protein powder (grass-fed)

Shopping List

recommended) –
unflavored only

Dairy

Approved Dairy Is Full Fat
With No Sugar/Sweeteners.

- **Butter**
- **Cheese**
- **Ghee (Not Maple Flavored)**
- **Milk & cream**
- **Yogurt** (only those with no sweeteners/juice or fruit added)
 - Full fat plain/Greek yogurt – unsweetened only
 - Yoso cultured coconut yogurt - unsweetened

Fresh Produce & Refrigerated Items

Produce

- **Vegetables**
- **Roots & Squashes**
- **Seasonal fruits (limit 1 per day)**

Fermented Foods

- **Beverages and sauces**
 - Wildbrine sriracha

- Wildbrine probiotic live shots
- **Pickles and vegetables**
 - Mighty Fine Brine – all flavors
 - Bubbie's Kosher Dill Pickles -
 - Karthein's Sauerkraut & Kimchi
 - Holy Kraut
 - Bubbie's Sauerkraut
 - Wildbrine Sauerkraut & Kimchi

Other fresh foods

Prepackaged in produce section (check ingredients for no items)

- **Coleslaw/Broccoli slaw**
- **Guacamole**
- **Riced vegetables (such as cauliflower or broccoli)**
- **Salsa**
 - Wildbrine salsa (refrigerated)
 - Fodys salsa
 - Mrs Renfro's - garlic, hot green & ghost pepper varieties only
- **Spiralized vegetables** (zucchini, butternut squash etc. cut into noodles)

Eggs/Meat/Poultry/Seafood

Approved products are those that do not contain added sugar/sweeteners.

Exception: sugar is used for curing and preserving processed meats. If the sugar per serving is less than 1 gram, then it's approved.

Eggs

Deli Meat & Sausages

- **Chicken & Turkey**
 - Spolumbo's italian sausage & chicken sausages
 - Sunworks farms kubasa
- **Salami & Pepperoni**
 - Old Country Sausage Shop Turkey Pepperoni
 - Sunworks Farms Chicken Pepperoni
- **Hot Dogs**
 - Sunworks Farms Jumbo Chicken Hot Dogs
 - Mclean Pork Bavarian Sausages
- **Beef**
 - TK Ranch Meatballs

Shopping List

- **Red Meat (Fresh & Frozen)**
 - Top Grass
 - Sunworks Farms
 - TK Ranch
- **Fresh Pork**
 - Broek pork acres
 - Platinum alberta
- **Fresh Poultry**
 - Rossdowns Farms
 - Earthworks Farms
- **Fresh Seafood**
 - All Fresh Fish, Especially Wild-Caught Options
 - Smoked Salmon

Grocery/Pantry

Canned/Jarred

Note: Plant-based products such as coconut, tomato, and root vegetable products contain natural sugars, which are approved.

- **Canned pumpkin, squash, and sweet potato**
- **Canned tomatoes**
- **Jarred Dill Pickles**
- **Jarred Sauerkraut**
- **Tomato paste**
- **Olives and capers**
- **Tomato-based pasta and pizza sauces**

- Fody's
- Eden organic
- **Tomato paste/diced tomatoes**
 - CNF brand
 - Muir glen

Fats & Oils

- **Avocado Oil**
- **Olive Oil (Cold Pressed)**
- **Coconut Oil**
- **Duck Fat/Lard/Tallow etc.**
- **Nut Oil**
- **Red Palm Oil**

Seafood

All unflavored

- **Kippers**
- **Salmon**
- **Sardines**
- **Tuna**

Seasonings, Sauces & Condiments

Fermented Items & Vinegars

- **Seasoning Sauces**
 - Naked natural foods soy sauce replacement
 - Coconatura coconut seasoning sauce
- **Vinegars**

- Red wine
- White wine
- Apple cider
- Coconut vinegar
- **Hot Sauce**
 - Franks hot sauce
 - Lola's fine sauces
 - Wildbrine sriracha
- **Mayonnaise**
 - Primal Kitchen Mayonnaise
- **Mustard (no sweeteners)**
- **Salad Dressings**
 - Primal Kitchen (check ingredients)
 - Balsamic
 - Ranch
 - Green Goddess
 - Caesar
 - Greek

Seasoning & Spices

- Himalayan Salt
- Celtic Sea Salt
- Maldon Sea Salt
- Fleur De Sel
- Redmond's Real Salt
- Simply Organic Herbs & Spices
- Organic Fair Herbs & Spices

Nuts & Seeds

- **Almonds**

Shopping List

- **Hazelnuts**
- **Walnuts**
- **Pecans**
- **Sesame seeds**
- **Pumpkin seeds**
- **Nut & Seed Butters –
Unflavored
Unsweetened**
 - Nuts To You
 - Artisana
 - Maranatha
 - Wildly Organic

Snacks

- **Crackers**

Limit 1 serving size on box per day.

- Mary's Gone
Crackers – Super
Seed only
- Eves Crackers – All
Flavors
- **Chocolate (Pure 100%
Cacao)**
 - Giddy Yoyo 100%
Chocolate Bars
 - Camino Baking
Chocolate
unsweetened
 - Zazubean 100%
chocolate varieties

Other Snacks

- **CNF Baked Pork Rinds –
Natural Only**
- **Ivanhoe Nothing But
Cheese Snacks**
- **Seaweed Snacks**
 - Eden
 - Seasnax

Wraps/Tortillas

- Nuco Coconut
Wraps
- Pure Wraps Coconut
Wraps
- Un-Wrap