

## Our Favorite Whole30 Things

### These are anti-inflammatory foods

#### Thrive Market

TM Matcha Culinary Grade Tea	Whole30 salad dressings	Nut Pods
TM coconut wraps (turmeric)	Primal Kitchen salad dressings	Epic uncured bacon bits
TM coconut milk	Primal Kitchen ketchup	Navita's Golden Berries
TM coconut oil	Primal Kitchen avocado oil & spray	Navita's pomegranate powder
TM MCT oil	Poshi steamed asparagus	Navita's goldenberries
TM organic almond butter	Love beets cooked beets	Navita's mulberry berries

#### Costco

Frozen Cauliflower rice	Siete Almond Flour Tortillas	Sprouted Pumpkin Seeds
Manitoba organic Hemp hearts	Made in Nautre goji berries	Organic Deli Turkey (Dietz)
Kirkland Grassfed Burgers	Jones organic Chicken Sausage	Kirklands chicken bone broth
Adelle's Chicken Apple Sausage	Kirklands organic blueberries	Wild Planet Tuna
All Produce	Natures Touch avocado chunks	Chosen avocado spray oil
True Story organic chicken	Columbus herb roasted turkey	Bulk avocados

#### Trader Joe's

TJ organic dried mango	TJ Macadamias roasted/salted	TJ organic ground flaxseed
TJ hearts of palm pasta	TJ rosemary marcona almonds	Wild Caught Alaskan Salmon
TJ green goddess seasoning	TJ sparkling coconut water	Acai frozen berries
TJ Umami seasoning	with Yuzu	Shaved brussel sprouts
TJ everything but bagel seasoning	TJ beef bone broth	Organic Envy Apples
TJ Onion salt	TJ raw pecan pieces	Organic arugula
TJ 21 seasoning salute	TJ freeze dried strawberries	TJ roasted & salted pumpkin seeds
	TJ raw organic almond butter	

## Amazon

Anthony's org coconut flour	Litehouse freeze dried	CoolerShock reusable icepacks
Anthony's org almond flour	guacamole mix	Cheese cloth (for making bone
Coconut Secret coconut	Pure Vit C Powder	broth)
aminos (gallon)	Think Baby sunscreen	Native Eucalyptus Mint natural
organic spirulina powder	Humm Whole30 Kombucha	deoderant
Augason Farms freeze dried	Nut pods	ChildLife Gripe water (infants)
strawberries	Earthly choice Farro	Mother's Love nipple cream
LiveOnLabs Lypo-Spheric Vit C	Brewer's yeast powder (for	(for lactating moms)
Kiss Your Face Olive Oil &	lactating mommas)	Cinnamon sticks (for coffee)
Lavender Bar Soap	Primal Kitchen products	Paleo Valley meat sticks
I'm a nut roasted brazil nuts	Navita's products	Epsosak Epsom Salts

---

## Kroger

Delallo pesto sauce	ST org pasture raised eggs	Quartered artichoke hearts
Chia seeds	ST organic rotisserie chicken	Hearts of palm
ST org stone ground mustard	Aha Sparkling waters	Bragg's Apple Cidar Vinegar
Organic mini sweet peppers	All Produce	Halo clementine oranges
ST = simple truth brand		

---

## Other Grocery & Pantry Staples

Sauerkrat	Pork Chops, Ribs	mini or reg cucumbers
Coconut Aminos	Beef tips, Ranch Steak	Coleslaw
Mustard	Ribeyes	Mushrooms
Lemons   Limes	Chicken Thighs	Cauliflower   Broccoli
Sweet potatoes	Romaine or hearts	Celery
Frozen Italian Green beans	Arugula or other green	Radishes
Onion Powder	Squash & winter squashes	Olives
Garlic Powder	Zucchini	Okra
Himalayan Salt	Sweet Onions	Dijon Mustard
Wild caught fish & shrimp	Berries	Coffee (organic if possible)
Kombucha (no sugar)	Frozen pearled onions	Herbal teas (ensure no soy)
Ground chicken, beef, turkey	Frozen seasoning blend	

\*We try to buy "the dirty dozen" produce organic when possible.