

## Some of Our Favorite Grocery Things

### Thrive Market

TM Himalayan Pink Salt Puffs	TM organic sprouted quinoa	Love beets cooked beets
TM Matcha Culinary Grade Tea	TM organic almond butter	Nut Pods
TM coconut wraps (turmeric)	TM organic lentils	Epic uncured bacon bits
TM coconut milk	Primal Kitchen salad dressings	Epic himalayn salt pork rinds
TM coconut chips	Primal Kitchen ketchup	Banana organic Plantain Chips
TM coconut Sugar	Primal Kitchen avocado oil spray	Simple Mills banana bread bars
TM coconut cream	Poshi steamed asparagus	Navita's Cacao Nibs
TM coconut oil	PaleoPowder all purpose seasoning	Navita's Cacao & Reishi blend
TM organic rolled oats	Lakanto monk fruit sweetener	Navita's power snacks
TM MCT oil	Lakanto monk fruit syrup	Navita's pomegranate powder
TM Grain free tortilla chips	Primal palate ranch seasoning mix	Bob's arrowroot flour
TM nuts	Bob's GF 1-to-1 baking flour	Siete Grain Free chips

### Costco

Frozen Cauliflower rice		Sprouted Pumkin Seeds
Manitoba organic Hemp hearts		Organic Deli Turkey (Dietz)
Kirkland Grassfed Burgers	Brazi Bites Brazilian Cheese Bread	Banana Plantain chips
Autumn's Gold Grain Free	Siete Almond Flour Tortillas	Wild Planet Tuna
Granola Bars	Jones organic Chicken Sausage	Kirkland's canned wild salmon
Outer Isle Cauliflower Thins	Kirklands organic blueberries	Chosen avocado spray oil
Adelle's Chicken Apple Sausage	Sunflower butter	Sonoma PJ cheese crisps
Simple Mills Almond Flour	Natures Touch avocado chunks	Kirkland's pistachios
Crackers	Kerigold butter	Bulk avocados
True Story organic chicken	Rao's alfredo sauce	Kirklands Supreme Cauli Pizza
	All produce	Fratelli Beretta Charcuterie
		Columbus herb roasted turkey

## Trader Joe's

TJ roasted & salted pumpkin seeds  
TJ hearts of palm pasta  
TJ brown rice & quinoa pasta  
TJ green goddess seasoning  
TJ Umami seasoning  
TJ everything but the bagel seasoning  
TJ Onion salt  
TJ 21 seasoning salute

TJ Macadamias roasted/salted  
TJ rosemary marcona almond  
TJ organic popcorn w olive oil  
TJ organic popcorn kernels  
TJ beef bone broth  
TJ raw pecan pieces  
TJ organic pepper jack cheese  
TJ freeze dried strawberries  
TJ raw organic almond butter  
all produce  
all meat

TJ organic ground flaxseed  
TJ low calorie lemonade  
TJ sparkling black tea with peach juice  
Wild Caught Alaskan Salmon  
Acai frozen berries  
Shaved brussel sprouts  
Organic Envy Apples  
Organic arugula  
Applegate Organic Hot Dogs  
Lollup vanilla extract

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## Amazon

Anthony's org coconut flour  
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Coconut Secret coconut aminos (gallon)  
organic spirulina powder  
Augason Farms freeze dried strawberries  
LiveOnLabs Lypo-Spheric Vit C  
Bulletproof MCT oil  
Kiss Your Face Olive Oil & Lavender Bar Soap  
I'm a nut roasted brazil nuts

Litehouse freeze dried guacamole mix  
Pure Vit C Powder  
Think Baby sunscreen  
Humm Whole30 Kombucha  
Nut pods  
Brewer's yeast powder (for lactating mommas)  
Primal Kitchen products  
Navita's products  
Epsok Epsom Salts

CoolerShock reusable icepacks  
Cheese cloth (for making bone broth)  
Honest Company Diapers  
Native Eucalyptus Mint natural deoderant  
ChildLife Gripe water (infants)  
Mother's Love nipple cream (for lactating moms)  
Cinnamon sticks (for coffee)  
Purely Elizabeth GF products  
Paleo Valley meat sticks

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## Kroger

Delallo pesto sauce  
RX honey cinnamon PB  
RX vanilla almond butter  
Ian's GF breadcrumbs  
Folios parmesan cheese wraps  
Chia seeds  
Simple Truth (ST) sweet relish  
ST org stone ground mustard

ST deli turkey  
ST organic creamy PB  
ST organic rotisserie chicken  
ST organic beans (red, northern, black)  
Aha Sparkling waters

Quartered artichoke hearts  
Hearts of palm  
Bragg's Apple Cidar Vinegar  
Halo clementine oranges  
Organic mini sweet peppers  
Eggs  
Kerri gold butter  
Siete GF taco shells/wraps

## Other Grocery & Pantry Staples

Organic Sauerkrat	Bananas	Cauliflower
Coconut Aminos	Fuji or Envy apples	Broccoli
Natural Worchetire Sauce	mini or reg cucumbers	Celery
Baking Soda	Romaine or hearts	Radishes
Baking Powder	Arugula or other green	Olives
Mustard	Squash & winter squashes	Okra
Lemons	Zucchini	Celery
Limes	Sweet Onions	Hummus
Sweet potatoes	Blueberries	1/2 & 1/2
Frozen Italian Green beans	Blackberries	Goat cheese
Pinenuts	Strawberries	Pepper jack cheese
Onion Powder	Coleslaw	Proscuito
Garlic Powder	Mushrooms	Link sausage (no msg)
Morton's nature seasoning	Dates/date paste	Dijon Mustard
Himalayan Salt	Kombucha (no sugar)	Coffee (organic if possible)
Salsa	Hot sauce of choice	Herbal teas (ensure no soy)
Wild caught fish	Bacon (no nitrates/nitrites)	Fish Sauce
Wild caught shrimp	Frozen 3 pepper/onion blend	Honey (local if possible)
High Noon (alcohol)	Frozen pearled onions	Happy Baby organic teethers
Toppo Chico hard seltzer	Frozen seasoning blend	(for toddlers/infants 6 mo+)
Cathead Vodka seltzer	(onion, pepper, celery)	Smoked oysters

\*We try to buy "the dirty dozen" produce organic when possible. When I buy dairy, I buy organic.

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## Other Favorite Online Stores & Brands

**Simple Grocer** (Pederson Farms) - for Pork

**Butcher Box** - for beef, chicken, pork, salmon

**Vital Choice** - for salmona and other wild caught fish

**US Wellness Meats** - for pork, lamb, liver pate', other meats

**Thrive Market** - mostly for pantry staples and they also have seafood & poultry

**Paleo Valley** - for meat sticks, liver supplements, powders, bars

**Serenity Kids** - Grain free puffs, organic baby food

**Redmond's Real Salt** - salt, seasonings, electrolyte mix (Code drmoring for 15% off orders)

**Nuts.com** - all organic nuts, dried fruit, green powder (spirulina, wheat grass)

**OliPop** - sparkling tonic (great alternative to soda) (\$15/off discount code in link in bio on Insta)

**Mary Ruth's Organics** - liquid vitamins for kids when needed

**Truvani** - very clean protein powders (i like banana cinnamon) & other clean foods/products

**Just Ingredients** - clean protein powder and other cleaner items

**Beauty Counter or Crunchi** - non-toxic skin care/make-up

**Hugh & Grace** - non toxic skin care

**Earthly or Rowe Casa** - amazing natural supplements & other tinctures

**Full Script** - online supplement dispensary for high-quality supplements (reach out for recs!)

**Bubb's** - MCT oil powder and powder collagen peptides

**Cymbiotika**- great company for supplements and clean products

**Humm** - Kombucha (We prefer the Whole30 compliant flavors)

**Earth Mama** - for clean organic baby and personal bath needs

**Badger** - clean non-toxic sunscreen and insect repellants

**Chewy.com** - for pet needs

**Real Ketones** - for exogenous ketone powder (if doing low-carb/keto)

**Truly Free**- an option for non-toxic laundry and cleaning products