

Shopping List Basics

Please use this list as a guide only, not as an absolute, to give you an idea how to stock a whole-foods based kitchen with traditional and healing foods. For things that either only or also be found online (potentially less expensive), we've included links for your convenience.

You may also check out [Thrive Market](#) to use, which is similar to an online Costco that ships healthy products.

PROTEIN	Notes
wild seafood - shrimp, scallops, salmon, halibut, snapper	Order online from Vital Choice Seafood
pasture-raised hormone-free chicken, buffalo or ostrich burgers and organic, grass-fed beef, organic ground turkey	Order online from US Wellness Meats
eggs (organic, pasture-raised)	Vital Farms is a great brand
beans, canned or dried: aduki, chickpea, lentil, black beans	Eden is a great brand
organic tempeh (vegetarian)	
raw nuts and seeds: almonds, walnuts, sunflower seeds, sesame seeds, pumpkin seeds, hemp seeds, pecans, hazelnuts, brazil nuts, cashews	
natural almond or cashew butter	
Nuttzo Seven Nut and Seed Butter	
Protein Powder:	
Fit 365 or Vital Whey grass-fed whey	
Tera's Whey goat protein powder	
Vital Proteins Collagen Peptides	
Nutiva Hemp Protein Powder	
BEVERAGES	
unsweetened almond, coconut, cashew or hemp milk	without carrageenan
herbal tea: green, chamomile, ginger, rooibos, peppermint, bancha twig, pau d'arco, etc.	Mighty Leaf is a great brand.
Synergy kombucha tea or Kevita probiotic beverage	

BEVERAGES CONT.	Notes
Zevia or ginger brew	soda upgrades to be used sparingly
green drinks and vegetable juices without fruit - Evolution Essential Greens and Essential Vegetable, Forager, Suja	
Coconut water - Harmless Harvest, CO2	raw coconut water is in freezer and/or refrigerated section
mineralized or alkaline water	
Goodonya Hydrate Beverage (alternative to Gatorade or Vitamin Water)	
CCF Tea	
DAIRY and DAIRY ALTERNATIVES	
raw milk, cream, butter, and kefir Organic Pastures	
raw feta or raw cow, goat, or sheep milk cheese	
alternative cheese (Daiya)	
grass-fed ghee (butter replacement without milk solids - clarified butter)	
organic, plain, grass fed unsweetened cow, goat or sheep's milk yogurt (2% or full fat)	St Benoit is a great cow's milk yogurt
SEASONINGS, CONDIMENTS, SAUCES	
wheat-free tamari soy sauce (San J) or coconut aminos	
umeboshi plum vinegar	
maple syrup (grade B)	
raw, organic apple cider vinegar (Bragg's)	
sea salt (Himalayan pink or Celtic)	
freshly ground pepper	
garlic (can also buy it pre-chopped in jars or in plastic packs)	
dried and fresh ginger root	
fresh and dried turmeric root	
natural sweeteners of choice (dark-liquid stevia, coconut sugar, maple syrup, raw honey)	

SEASONINGS, CONDIMENTS, SAUCES CONT.	Notes
Bragg's bottled natural salad dressings	
Primal Kitchen Honey Mustard Vinaigrette	
Primal Kitchen Greek Vinaigrette	
fresh herbs such as parsley, dill, cilantro, oregano, rosemary, basil, mint, thyme	
Ceylon cinnamon (as opposed to Cassia), cumin, coriander, fennel, nutmeg, clove	
dried seaweeds such as kombu, wakame, dulse, arame, kelp flakes	
salsa (Amy's, Green Mountain, Muir Glen)	
guacamole	
unsweetened ketchup (Organicville)	
mustards (with apple cider vinegar and not distilled vinegar)	Eden Organic is a great brand
Primal Kitchen Avocado Oil Mayo	
hummus (sprouted if possible and made with olive or flax oil)	
miso paste	
emulsified garlic spread like Majestic Garlic Spread (if you can find it)	
GRAINS	
organic brown rice in bulk or Lundberg	
wild and/or black rice	technically a seed not a grain
millet, buckwheat, amaranth	
quinoa	
gluten-free oats	preferably whole or steel-cut
brown rice pasta (Tinkyada), quinoa pasta, soba 100% buckwheat noodles (found in Asian section)	
lentil pasta	technically a legume, not a grain

GRAINS CONT.	Notes
Cook's fermented gluten-free sourdough bread (frozen section)	
Organic sprouted corn or brown rice tortillas or wraps (Food for Life)	
Pure Wraps (made from coconut meat)	
PRODUCE	
organic berries (strawberries, blueberries, raspberries, blackberries)	
seasonal fruit	
Organic bananas and plantains	
avocados	
root vegetables: sweet potatoes, parsnips, burdock, carrots, beets, butternut squash, acorn squash, jicama	
greens: swiss chard, kale, arugula, spinach, bok choy, dandelion greens, collards, water cress, mixed field greens	
cruciferous veggies: brussel sprouts, cauliflower, broccoli, cabbage	
fat dissolvers: green onions, daikon and regular radishes, leeks	
lemons and limes	
organic celery, cucumbers, zucchini, and yellow squash	
organic salad bags, mesclun green mix, or butter lettuce	
sprouts: broccoli, sunflower, mung bean, microgreens	
canned or fresh artichokes	
mushrooms: shiitake and maitake (immune boosting)	
dates	
organic bell peppers: red, yellow, orange	
jarred pitted olives	
HEALTHY OILS	any organic brands are likely good
olive oil	Middle Earth is a great brand

HEALTHY OILS CONT.	Notes
grass-fed ghee	
Kerrygold Grass-Fed Butter	
sesame and toasted sesame oil	
hazelnut and almond oils	
flaxseed oil (Barlean's)	
coconut oil (Nutiva, Dr. Bronner's, Barlean's , or Tropical Traditions in bulk online)	
organic, free-range duck fat	
avocado oil (Bella Vado or Primal Kitchen)	
FREEZER SECTION	
raw coconut water	
wild Fish burgers (tuna, salmon, or mahi-mahi)	
bison burgers	
grass-fed beef liver	
Organic Bone Broth (or order AIP broth, Chicken/Beef Bone Broth or Veggie broth online from The Flavor Chef here)	
veggie burgers - gluten and soy free (Sunshine)	
whole grain buckwheat waffles (Van's)	
organic veggies	
organic fruit for smoothies	
açai packets-unsweetened (Sambazon)	
coconut-based ice cream or coconut sorbet (Coconut Bliss or So Delicious)	
Bread - Manna bread, Paleo Bread , or Cook's GF Sourdough	
SNACKS	
gluten-free crackers (Mary's Gone Crackers , San-J rice crackers)	
cookies (Mary's Gone Crackers Cookies , Nana's , Pamela's)	
pretzel alternative (Mary's Gone Crackers)	

SNACKS CONT.	Notes
chips – not made with canola oil (organic blue chips, Lundberg Brown Rice Chips , Beanitos , Beansfield , Cassava Chips , Plantain Chips , Jackson’s Honest Potato Chips - regular or heirloom)	
brown rice cakes (Lundberg)	
protein bars (Almond Butter Perfect Foods Bar, Larabar, Primal Kitchen Collagen Bar)	
organic popcorn preferably made with coconut oil and pink salt	
trail mix (as long as fruit and grains are not mixed together)	
PERSONAL CARE	
Check out our review site for many bath and beauty products and to understand why we chose them. Also check out the Environmental Working Group’s Skin Deep Database to find safe cosmetics. http://www.ewg.org/skindeep/	
shampoo (Aubrey , Avalon, Dessert Essence, John Masters)	without parabens or laurel sulfates
conditioner (Giovanni, Jane Carter, Intelligent Nutrients, John Masters)	
body soap (Dr. Bronner’s, SoulRaye Botanicals, Alaffia, Pacifica, Sonoma, Plant Life, Verve)	
face soap or cleanser (Avalon Organics Vitamin C, Lily Organics , Dr. Hauschka’s milk cleanser)	
facial moisturizer (Annmarie Gianni Anti-Aging Serum , Annmarie Gianni Anti-aging Facial Oil , Fatco Myrrhaculous Face Cream , Avalon Organics Vitamin C Serum , Jurlique Calendula, Gabriel)	
liquid hand soap (Pangea, Hugo , or mix Dr. Bronner’s with water)	
sunscreen (Dr. Hauschka, Badger , California Baby, Eco , Aubrey , Kiss My Face)	
hand sanitizer (EO , Bentley Organics)	
toothpaste – get without fluoride, parabens, or sodium laurel sulfates (Weleda , Desert Essence)	
tampons (Natracare, Seventh Generation, or try the DivaCup or Softcup)	

PERSONAL CARE CONT.	Notes
body lotion (100% organic coconut oil , Fatco's Body Butta , Alaffia , Hugo , Burt's Bees, Shikai, Evan Healy, Dr. Hauschka, Aubrey)	
deodorant (Fatco's Stank Stop)	Avoid anti-perspirants, parabens and aluminum in store-bought deodorant
make-up (Mineral Fusion, Hemp Organics , Just Pure Minerals)	
OTHER	
toilet paper (Earth Friendly, Seventh Generation)	
dish detergent (Seventh Generation)	
laundry detergent (Seventh Generation fragrance-free, Vaska)	