

Grocery Shopping List

A comprehensive list that encourages real food first. All “packaged foods are free of processed soy, low in sugar (less than 5 g per serving) and meet our “real food” criteria: all ingredients listed could be purchased at the grocery store so you could “make it yourself”.

Grains (*GF = gluten free)

Amaranth (bulk section at WF), *GF
Brown rice (even available cooked in freezer at WF and TJ), *GF
Bulgur (bulk section at WF, available in the rice section at TJ)
Farro/Spelt berries (bulk section at WF, available in rice section at TJ)
Freekeh
Millet (bulk section at WF), *GF
Oats, *GF (although sometimes cross-contaminated with wheat; check if labeled GF)
Polenta, *GF
Quinoa (rice section of most groceries, frozen quinoa pilaf at TJs), *GF
Whole grain couscous

Breakfast Foods

365 Quick Oats
365 Organic Old-Fashioned Rolled Oats
365 Bite-Sized Wheat Squares
All-Bran Bran Buds
Arrowhead Mills Organic Flakes – Sprouted Multigrain,
Oat Bran, Spelt, Amaranth
Arrowhead Mills Puffed Cereals – Rice, Corn, Millet,
Kamut, Wheat
Barbara’s High Fiber Cereal
Barbara’s Shredded Spoonfuls
Barbara’s Shredded Wheat
Bob’s Red Mill – All oats
Cheerios (Original)
Engine 2 Rip’s Big Bowl
Fiber One (Original)
General Mills’ Total Whole Grain
Heritage Flakes (Flax)
High Fiber O’s (Available at TJ and WF 365 brand)
John McCann’s Steel Cut Irish Oatmeal
Kashi 7 Whole Grain Puffs
Kellogg’s Complete Oat Bran Flakes
KIND Healthy Grains Granola (Flax)
Nature’s Path Flax Plus
(Breakfast Foods, cont.)
Nature’s Path Ancient Grains Waffles
Old Wessex Ltd. 5 Grain cereal
Product 19
Shredded Wheat (Post)
Three Sisters Plain Grain
Three Sisters Naked Wheat
Umpqua Oats Not Guilty Oatmeal
Uncle Sam Original Toasted Whole Wheat Berry
Flakes & Flaxseed
Uncle Sam’s Super Grains Rye & Hemp
Wheat Chex

Breads

Minimally processed baked goods have a shelf life of 2-3 days unless frozen. Look for products with minimal ingredients: corn, wheat, seeds and nuts, yeast, salt, water, egg. Consider visiting your local baker or farmers market.
Corn tortillas
Food for Life 7 Sprouted Grains Bread (The ezeziel 4:9 bread contains soy ingredients)
Mestemacher – all breads
Middle East Bakery Whole Wheat Pita
Spelt bread (Freezer section at WF and most groceries)
Spelt burger buns (Freezer section at WF)
Sprouted grain breads (Freezer at WF’s)
The Baker Wheat & Flax Bread
The Baker Wheat & Bran Bread
Whole grain pitas (mini or regular)

Pasta/Noodles

GOAL: Look for pastas/noodles with minimal ingredients, such as water, wheat and maybe egg.
Ancient Harvest Quinoa Pasta
Annie Chun’s Rice Noodle
DeBoles Rice Pasta
Eden Selected Buckwheat Soba Pasta
Sea Tangle Kelp Noodles
TJ Organic Whole Wheat Pastas
TJ Organic Brown Rice Pasta
TruRoots Ancient Grain Pasta
WF Organic Pastas

Crackers

AK Mak Whole Grain Crackers (Available at TJ)
Back to Nature Harvest Whole Wheat
Doctor in the Kitchen Cinnamon & Currants Flackers
(some other flavors contain soy)
Doctor Kracker Classic 3 Seed Snackers/Crispbread
Doctor Kracker Seeded Spelt Crisp Bread
Engine 2 Organic Triple Seed Crispbread
Hol Grain Brown Rice Crackers, Lightly Salted
Kavali
TJ Whole Grain Round
Lundberg Organic Wild Rice Cakes, Lightly Ryvita Whole
Grain Rye Crispbread
Salted
Wasa
Woven Wheat (Like Triscuits)

Bars

Goal: real food ingredients (nuts, fruit, honey, grains)

KIND bars (Gluten and dairy free)

LARABAR

Paleo Krunch Bars

Pure Bars

Rise Bars

Uber Bars

Cheese/Dairy

Plain Yogurt

Plain Kefir

Non-Dairy Alternatives

GOAL: choose unsweetened

365 Coconut Milk, unsweetened

Almond Breeze Almond milk

Balade Light Butter (TJ's)

Cashew Milk

Engine 2 Unsweetened Almond Milk – Plain, Vanilla

Hazelnut Milk

Hemp Milk

Kefir, unsweetened

Nutritional Yeast (bulk section at WF and TJ)

Oat Milk

Pacific Organic Unsweetened Almond Milk – Plain, Vanilla

Rice Milk

Rice Yogurt

So Delicious Coconut milk

So Delicious greek style almond milk and coconut milk yogurts

TJ's Unsweetened Coconut Milk

Proteins (Meat & Plant-based)

365 organic beans in Tetra Pak

Amy's Veggie Burger (California/Sonoma)

Asherah's Gourmet Vegan Burgers

Beans (If canned – low sodium, rinse before use)

Canned Tuna or Salmon (water-packed, sodium-free)

Chia seeds

Eggs (Organic if you eat them often)

Flax Seeds

Hemp seeds

Hormone/Antibiotic Free-Range, Chicken

Hormone/Antibiotic free Ground Chicken, Turkey,

Lean Beef, Bison

Hormone/Antibiotic free Chicken Sausage (Fresh, not precooked)

Hummus

Lentils

Little Green Foods Burger

Natural Peanut Butter, Almond Butter, PB2 Organic

Sunshine Veggie Burgers

Powdered Peanut Butter

Raw Almonds, Cashews, Walnuts, Hazelnuts, Brazil Nuts and Mixed Nuts (Available in bulk at WF, or raw in bags at most groceries)

Sunflower Butter or Walnut Butter

TJ's Vegetable Masala Burgers

Unsalted, raw pumpkin, hemp, sunflower, sesame and poppy seeds

Wild or Sustainably Farm-Raised Fish

Vegetables (can be fresh OR frozen)

**staple veggies to have around the house.*

Goals: purchase enough veggies to have 6 cups a day. Buy organic versions of the dirty dozen (bold) or what you eat often.

Asparagus

Bag Mini Carrots *

Broccoli

Cabbage

Celery

Corn

Cucumber *

Green Beans

Onions

Potatoes

Romaine or Mixed Greens Lettuce *

Mini Colored Peppers *

Spinach

Stir fry medleys (Available in most groceries, steams right in the bag)

Tomatoes

Yellow Squash

Zucchini

Tomato Sauce

GOAL: Look for no added sugar and ingredients your would use to make it yourself

Gone Native Pasta Sauce

Monte Bene Pasta Sauce

POMI Strained, Chopped Tomatoes in Tetra Pak

Rao's Puttanesca/Marinara

San Marzano Tomatoes in Tetra Pak

Scarpetta Pasta Sauce

Yellow Barn Pasta Sauce

WF 365 Organic Tomato Sauce

Sweeteners

Agave

Grade B Maple Syrup

Molasses

Raw Honey

St. Dalfour Fruit Conserves (low in sugar)

Tait Farms (local)—no sugar added preserves

Fruits

GOAL: Buy enough fruit for at least 3 servings a day.
Freeze Dried Fruit (apple slices, blueberries, tropical, etc.)
Apples
Applesauce, jarred and unsweetened
Bananas
Bare Fruit 100% Crunchy Apple Chips
Bare Fruit 100% Bake Dried Apricot and Mango Chunks
Freeze Dried Organic Fruits, Unsweetened
Frozen berries (Add into oatmeal, yogurt, smoothies – they don't go bad!)
Oranges
Pears
Plums
Pre-sliced mango, pineapple, berries, and kiwi (Available at WF and TJ)
Unsweetened Fruit leathers (WF, Wegmans, TJ)

So Delicious™ Mini Frozen Coconut Milk-based “Ice-cream”
Sandwiches
Low-Sugar Fresh Fruit Bars
“So Delicious” Coconut Milk-based “Ice-cream”

By: Katie Cavuto, MS, RD

Oils

Coconut Oil and Coconut Butter (Manna)
Flax Oil
Olive Oil
Organic Canola Oil/Safflower Oil
Walnut Oil

Dressings (no sugar, no soy) and Seasonings

Annie's Naturals Oil & Vinegar with Balsamic Vinegar Dressing
Oil & Vinegar (red wine/balsamic)
Tamari Lite Soy Sauce
Sea Seasonings Organic Kelp Granules

Snacks

Annie's Boom Chicka Pop. Sea Salt Popcorn
Brad's Raw Crunchy Kale
Food Should Taste Good Tortilla Chips (Cantina/Hemp)
Food Should Taste Good Blue Corn Dipping Chips
GimMe Organic Roasted Seaweed Snacks
Green Mountain Gringo Tortilla Strips
Popcorn
Puffed Kamut
Quinn Popcorn Lemon & Sea Salt Microwave
Seasnax Roasted Seaweed Snacks
Way Better Snacks Tortilla Chips (Black bean/multigrain)

Desserts

1 ounce Dark Chocolate (Shave on berries)
Dark Chocolate Covered Almonds or Berries
Dark Chocolate Covered Graham Crackers (Available at WF and TJ)
Food Should Taste Good Chocolate Tortilla Chips
Fruit Leathers, no sugar added
“Ice cream” made from Coconut and Rice milk