

HER Grocery Shopping List

A comprehensive list that encourages real food first. All “packaged foods” are free of processed soy and are low in sugar (less than 5 g per serving). Plus, they 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)

You can find many of these in the bulk section.

- Amaranth (GF)
- Brown rice (GF) (look for cooked, frozen versions in freezer section)
- Bulgur (may be available in rice section)
- Farro/spelt berries (may be available in rice section)
- Freekeh
- Millet (GF)
- Oats (GF) (although may be cross-contaminated with wheat; check label for GF)
- Polenta (GF)
- Quinoa (GF) (may be available in rice section or cooked, frozen in freezer section)
- Whole grain couscous
- Sorghum (GF)
- Teff (GF)

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, microwaveable
- Seasnax Roasted Seaweed Snacks
- Way Better Snacks Tortilla Chips, Black Bean, Multigrain

Breads

Minimally processed baked goods have a shelf life of 2-3 days unless frozen. Look for products with minimal ingredients: corn, wheat and other grains, seeds, 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 grocery stores)
- Spelt burger buns (freezer section at WF)
- Sprouted grain breads (TJ’s brand, Alvarado St. at TJ’s, freezer section at WF)
- The Baker Wheat & Flax Bread
- The Baker Wheat & Bran Bread
- Whole grain pitas (mini or regular)

Desserts

- 1 ounce dark chocolate (shave onto berries)
- Dark chocolate-covered almonds or berries
- Dark chocolate-covered graham crackers (TJ’s & WF)
- Food Should Taste Good Chocolate Tortilla Chips
- Fruit Leathers, no sugar added
- “Ice cream” made from coconut and rice milk
- “So Delicious” Mini Frozen Coconut milk-based ice cream sandwiches
- Low-sugar fresh fruit bars
- “So Delicious” Coconut milk-based ice cream

Breakfast Foods

Avoid added sugar.

- 365 Quick Oats (WF)
- 365 Organic Old-Fashioned Rolled Oats (WF)
- 365 Bite-sized Wheat Squares (WF)
- 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 and muesli
- Cheerios (original)
- Engine 2 Rip's Big Bowl
- General Mill's Total Whole Grain
- Heritage Flakes (Flax)
- High Fiber O's (TJ's & WF's 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
- Nature's Path Ancient Grains Waffles
- Nature's Path Chia, Buckwheat and Hemp Cereal
- Post Grape Nuts
- 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
- Woodstock 5-grain Cereal

Proteins (Meat & Plant-Based)

- 365 organic beans in Tetra Pak or BPA-free can (WF)
- 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
- Dr. Praeger's Mushroom Risotto Veggie Burgers
- Dr. Praeger's Asian Veggie Burgers
- Eggs (organic if you eat them often)
- Engine 2 Burgers
- Flax seeds
- Hemp seeds
- Hormone/antibiotic-free, 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
- Sunshine Veggie Burgers
- Powdered peanut butter (Crazy Richards, Nature's Promise at Giant)
- Raw almonds, cashews, walnuts, hazelnuts, brazil nuts, mixed nuts (available in bulk)
- Sunflower butter or walnut butter
- TJ's Vegetable Marsala Burgers
- Unsalted, raw pumpkin, hemp, sunflower, sesame and poppy seeds
- Wild or sustainably farm-raised fish

Cheese/Dairy

Choose unsweetened.

- 365 coconut milk
- Almond Breeze almond milk
- Balade Light Butter (TJs)
- Cashew milk
- Engine 2 Unsweetened Almond Milk - Plain, Vanilla
- Hazelnut Milk
- Hemp milk
- Kefir
- Nutritional yeast (bulk section at WF and TJ's)
- 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

Fruits

- Freeze dried fruit (apple slices, blueberries, tropical, etc.)
- Apples
- Applesauce (jarred and unsweetened)
- Bananas
- Bare fruit 100% Crunchy Apple Chips
- Bare Fruit 100% Baked Dried Apricot and Mango Chunks
- Freeze Dried Organic Fruits, unsweetened
- Frozen berries (add into oatmeal, yogurt, smoothies)
- Oranges
- Pears
- Plums
- Pre-sliced mango, pineapple, berries and kiwi
- Unsweetened fruit leathers (WF, Wegmans, TJ's)

Vegetables (can be fresh or frozen)

Keep the veggies in bold as staple veggies to have around the house.

- Asparagus
- Bagged mini carrots**
- Broccoli
- Cabbage
- Celery
- Corn
- Cucumber**
- Green beans
- Onions
- Potatoes
- Romaine or mixed greens lettuce**
- Mini colored peppers**
- Spinach
- Stir fry medleys (freezer section at most grocery stores)
- Tomatoes
- Yellow squash
- Zucchini

Tomato Sauce

Look for no added sugar and ingredients you would use to make your own sauce.

- 365 Organic Tomato Sauce (WF)
- DeLallo Pasta Sauce
- Gone Native Pasta Sauce
- Jersey Tomato Co. Sauce
- Lidia's Pasta Sauce
- Monte Bene Pasta Sauce
- Newman's Own Pasta Sauce
- POMI Strained, Chopped Tomatoes in Tetra Pak or BPA-free can
- Ragu Simply Pasta Sauce
- Rao's Homemade Pasta Sauce
- San Marzano Tomatoes in Tetra Pak or BPA-free can
- Scarpetta Pasta Sauce
- Yellow Barn Pasta Sauce
- Victoria's Pasta Sauce

Pasta/Noodles

Look for pasta/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
- Explore Cuisine Organic Edamame, Edamame & Mung Bean, Green Lentil and Red Lentil pasta
- Ronzoni Healthy Harvest Ancient Grains Pasta (Giant)
- Sea Tangle Kelp Noodles
- TJ's Organic Whole Wheat Pastas
- TJ's Organic Brown Rice Pasta
- TruRoots Ancient Grain Pasta
- WF's Organic Pastas

Crackers

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

Dressings (no sugar, no soy) and Seasonings

- Annie's Naturals Oil & Vinegar with Balsamic Vinegar Dressing
- Annie's Naturals Red Wine & Olive Oil
- Dress It Up salad dressings
- Oil & Vinegar (red wine/balsamic)
- Primal Kitchen
- Tamari Lite Soy Sauce
- Sea Seasonings Organic Kelp Granules

Bars

Look for real food ingredients (nuts, fruit, honey, grains).

- LARABAR
- Paleo Krunch Bars
- Pure Bars
- Rise Bars
- Uber Bars
- RX Bars
- Epic Performance Bars

Oils

- Coconut oil and coconut butter (Manna)
- Flax oil
- Olive oil / Extra-virgin olive oil
- Organic canola oil / safflower oil
- Walnut oil
- Avocado oil

Sweeteners

- Grade A maple syrup, dark and robust
- Molasses
- Raw honey
- St. Dalfour Fruit Conserves (low in sugar)
- Tait Farms (local) - a "no sugar-added" preserve