

# SHOPPING GUIDE

If your area does not have one of these options, simply add the items to another store's list. Make sure and search for the local Farmers Market in your area, as the prices are amazing.

These are my must-haves. Although stocking up is an investment at first, keep in mind many items will last a long time. Also, you will be cooking more, eating out less... watch and review. Your food budget may be less than before.

The reason several stores are listed is for cost and time savings. Each has certain items at a lower price than the competition. Also, the online services save shopping time and can be automated. I have Butcher box on auto-ship and Thrive Market saves your orders, making reorders easy.

## COSTCO

I only do Costco for items I am positive we will use or can freeze, like meat. If you see other items from this list and don't mind having a larger quantity... go ahead and grab at Costco

Organic fresh power greens salad mix (smoothies)  
Organic spring mix (salads)  
Asparagus  
Green beans (already trimmed)  
Bella mushrooms  
Broccoli  
Avocados  
Organic chicken breasts  
Organic chicken thighs  
Organic chicken wings  
Organic ground beef (grass fed)  
Organic ground turkey  
Organic ground bison  
Frozen shrimp  
Frozen scallops  
Almond flour  
Avocado oil cooking spray  
Pre-boiled eggs (grab and go style individually wrapped)  
Pre-packaged hummus cups  
Pre-packaged guacamole cups  
Siete grain-free tortilla chips  
Off-the-beaten path veggie crisps  
Organic frozen berries (also Trader Joe's)  
Kerry gold irish butter  
Organic pine nuts  
Paleo dairy-free, grain-free pancake mix  
Monk fruit sweetener  
Nature source organic salad topper mixed nuts  
Red lentil spaghetti noodles  
Organic almond butter  
Organic chia seeds

## TRADER JOE'S

I shop at Trader Joe's specifically because of price. If you want to visit fewer stores, add these items to another store's list.

Organic fresh berries (to eat)  
Organic frozen berries (for smoothies)  
Green apples  
Lemons and/or limes  
Shaved Brussels sprouts (only place to find shaved, less chopping)  
Organic celery  
Riced cauliflower  
Dressings (in produce section) Carrot Ginger Miso, Almond Butter Turmeric or Green Goddess  
Chomps Grass fed beef jerky sticks  
Chomps free range turkey jerky sticks  
Unsweetened almond milk  
Organic Quinoa (packaged, uncooked))  
Crunchy almond butter  
Creamy Almond butter  
Organic tomato paste  
Organic tomato sauce  
Chic pea noodles  
Raw almonds  
Raw cashews  
Pecans  
Roasted sunflower seeds  
Slivered almonds  
Gluten free oats  
Guacamole  
Frozen organic brown rice (frozen, precooked)  
Frozen organic quinoa (frozen, precooked)  
Stevia  
Organic extra virgin olive oil  
Organic avocado oil  
Brown rice cakes

## FARMERS MARKET

Your farmers market may have a different variety, dependent on what's in season. Mine is pretty consistent. I try to do MOST veggies at the farmers market.

Large tomatoes  
Grape tomatoes  
Micro greens  
Specialty mushrooms  
Lettuce  
Red onions  
Yellow onions  
Green peppers  
Red peppers  
Yellow squash  
Zucchini  
Field acre peas  
Blueberries  
Blackberries  
Eggplant  
Green beans  
Pasture raised eggs  
Spaghetti squash

## BUTCHER BOX

Online grass-fed, grass finished, free range, pasture raised, nitrate free meats.

Again, making healthy as easy and automated as possible. You can choose what size box, customize meat selection, and place it on auto ship. I do the \$270 per month option, as we are a family of 6.

<http://fbuy.me/pzMMw>

## THRIVE MARKET

Thrive Market is the Sam's Club of Organic. I use this service for non-perishables that are needed less often. I like that orders are saved, so you can easily reorder.

These are my go-to's, but browse, as they have a huge selection. Membership is \$60 per year.

<http://thrv.me/28aqoa>

Organic ghee (clarified butter)  
Spray ghee (replaces PAM cooking spray)  
Organic tomato sauces  
Primal Kitchen sauces- ketchup, steak sauce, no-soy teriyaki sauce, BBQ sauce, alfredo, etc  
Grain free tortilla chips  
Organic Taco seasoning  
Organic chickpea pasta  
Enjoy Life mini dark chocolate chips  
Nutritional yeast  
Organic hemp seed hearts  
Organic coconut aminos (replaces soy sauce)  
MTC oil (for smoothies)  
Organic coconut oil  
Grain free tortilla shells  
Nut Pods coconut creamers  
Raw organic unstrained honey  
Organic honey  
Organic maple syrup  
Organic cocoa nibs (roasted cocoa beans for smoothie topper)  
Organic dark chocolate chips