



Real Food Grocery Guide

An asterisk * is a reminder to make sure the product does not contain any refined sugar or gluten! I recommend buying organic whenever possible.

FRUITS

Apples
Bananas
Oranges/Tangerines/
Clementines, etc.
Berries
Avocado
Peaches
Plums
Pineapple
Lemons
Limes

VEGGIES

Cauliflower
Broccoli
Asparagus
Lettuce
Cabbage
Carrots
Kale
Squashes (butternut,
acorn, delicata, summer)

Spinach
Brussels Sprouts
Green Beans
Sweet Potatoes
Grape Tomatoes
Cucumber
Beets
Onions
Garlic

MEAT & SEAFOOD

GROUND

Bison
Beef
Turkey
Chicken
Lamb
Pork

ENTRÉE CHOICES

Chicken (Whole chicken, Burgers,
Wings, Breast, Thighs, Drumsticks)
Beef/Bison/Pork/Lamb (Steaks,

Burgers, Tenderloins, Stew Meat,
Chops, Ribs)
Fish fillets, Shellfish (Salmon, Tuna,
Cod, Haddock, etc.)

OTHER

Eggs
Bacon*
Sausage*
Breakfast Ham &
Sausages*
Nitrate/Nitrite/Additive
Free Deli Meat*

DAIRY/DAIRY-FREE

Dairy-Free Milk (Almond, Coconut,
Rice, Hemp, Cashew, etc.)
Cheeses (Grass-fed cow's milk,
Goat, Sheep, Nut-based)
Grass-fed butter
Yogurt (Grass-fed, Goat, Sheep,
Nut-based)

GRAINS

Rice*
Millet*
Quinoa*
GF Pasta* (Rice, Chickpeas, Bean,
etc.)
GF Flours* (GF All-Purpose,
Tapioca starch/Cassava,
Arrowroot, Sorghum, Millet,
Buckwheat, Chickpea)
GF/Paleo bread*

SNACKS

Nuts* (Raw, Roasted, Salted)
Nut Butters*
Dried Fruit*
Terra Chips
Any homemade or store bought
"chips"* (Banana, Plantain, Sweet
Potato, Kale, etc.)
Roasted Chickpeas* (store bought
or homemade)
Dark Chocolate or Dairy-free
chocolate*
Gluten Free/Paleo bars*
Popped Sorghum*
Fruit leathers/Gummies (store
bought or homemade)*

DRINKS

Tea*
Coffee*
Real 100% Juice*
Kombucha*

SWEETENERS

Raw honey
Real maple syrup
Coconut sugar

OILS & CONDIMENTS

Coconut Oil (Refined or Unrefined)
Extra Virgin Olive Oil
Avocado Oil
Sesame Oil

Vinegar
Real Mayo*
Mustard*
Ketchup*
Sauerkraut*
Pickles*

SPICES

Sea Salt
Garlic Powder
Onion Powder
Cinnamon
Turmeric
Any other spices you enjoy