

Walmart

Save money. Live better.



BAKING/COOKING STAPLES

Sweeteners:

- Coconut sugar: Madhava
- Organic cane sugar
- Honey: Ambrosia Honey Co. Raw, Naked Wild Honey
- Maple syrup grade A & B: Great Value, Maple Grove

Flours:

- Almond flour: Bob's Red Mill
- Coconut flour: Better Body
- Whole wheat flour: Hodgson Mill, King Arthur

Oils:

- Coconut oil: Carrington Farms, Tropical Life
- Olive oil: Iberia Extra Virgin (source: Spain)
- Avocado oil: various

Vinegars:

- Apple cider vinegar: White House
- White distilled vinegar, various for cleaning
- Red wine vinegar, various (read ingredient list)
- White wine vinegar, various (read ingredient list)
- Balsamic vinegar, various (read ingredient list)

Spices:

- Various bottles (smaller selection): Wild Oats Organic
- Various bottles: McCormick

Grains, Rice, Pasta:

- Dried Beans: Wild Oats Organic, various
- Quinoa: Village Harvest
- Rice: various large bags
- Pasta: Wild Oats organic elbow, penne, spaghetti; Tinkya brown rice pasta

Misc.:

- Baking powder: Aluminum-Free Rumford
- Baking soda: Arm & Hammer
- Unsweetened coconut flakes: Wild Oats organic
- Coconut Milk (canned): Thai Kitchen
- Chocolate Chips: Enjoy Life
- Unsweetened cocoa powder: Hershey's
- Rolled Oats (gluten free): Bob's Red Mill
- Crushed Tomatoes: Wild Oats organic, Muir Glen, POMI (cartons)
- Tomato Paste: Wild Oats organic
- Cooked beans: Wild Oats organic (canned)
- Salt: Himalayan pink sea salt (only grinder available)
- Tahini (make homemade hummus): Joyva
- Pure vanilla extract (if not making homemade): McCormick (read ingredient list)
- Chia seeds (I don't purchase this item often for cooking/baking, but they are an affordable option at Walmart): Better Body
- Nuts: various

NON-FOOD

Bath/Body:

- Witch hazel: T.N. Dickinson's
- Rubbing alcohol
- Hydrogen peroxide
- Epsom salt

CONDIMENTS

Misc.:

- Ketchup: Annie's
- Mustard, various
- Mayonnaise: Just Mayo (This brand isn't super clean, but it's the best I can find at Walmart.)
- Almond butter: Maranatha
- Peanut butter: Smucker's Natural or Organic
- Jam: Bonne Maman
- Pickles: Farmer's Garden by Vlasic

DAIRY AND EGGS

Meat/Seafood:

- Sausage: aidells
- Tuna (canned): Oceans Natural's Skipjack Tuna

Dairy:

- Butter: Kerrygold
- Cheese: Cabot
- Yogurt: Stonyfield (selection limited)

Eggs:

- Pastured eggs: The Happy Egg Co.

Ice Cream:

- So Delicious Coconut Ice Cream (Dairy-Free)

PREPARED FOODS

Granola:

- Granola: Select Bear Naked, Cascadian Farms (read ingredient list)

Snacks:

- Snack bars: Lara Bars
- Rice chips: Lundberg
- "Bunnies"—gummies, cheddar crackers: Annie's
- Raisins: Sun-Maid
- Unsweetened applesauce: Wild Oats organic
- Fruit leather: Stretch Island

BEVERAGES

Coffee and Tea:

- Coffee, various
- Tea bags: Traditional Medicinals, Yogi

Misc:

- SuJa Vegetable Juice, produce department
- Plain coconut water, various

PRODUCE

Organic:

- Boxed leafy greens
- Various produce items: peppers, cucumbers, etc.

Conventional:

- Shop according to the "Buy Organic" list, if possible

Frozen:

- Fruit, varies: Look for single ingredient frozen fruit packs, not "smoothie blends" with added sugar.
- Veggies, varies: Wild Oats organic, various conventional veggies.