



Real Food Shopping List



This list is based on my top food picks from Walmart, based on the [Live Simply real food definition](#). This list doesn't represent all the food options available at Walmart. This guide isn't affiliated with Walmart.

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;
Tinkyada 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