

## Real Food Grocery List

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### Fruits

- Apple (Applesauce)
- Apricot
- Banana
- Berry (Black-, Blue, Rasp., and Strawberry)
- Cantaloupe
- Citrus (Grapefruit, Lemon, Lime, and Orange)
- Cherries
- Dates
- Figs
- Grapes (Raisins)
- Guava
- Honeydew Melon
- Kiwi
- Nectarine
- Peach
- Pear
- Pineapple
- Plums
- Pomegranate
- Tangerine
- Watermelon

### Vegetables (w/ Roots &

### Beans)

- Asparagus
- Artichokes
- Avocado
- Beans (Kidney, Pinto, Black-Eyed Peas, Lentils, Fava, Cannellini Beans, Lima, and Chickpeas)

- Beets
- Brussels Sprouts
- Broccoli
- Carrot
- Cauliflower
- Celery
- Cucumbe
- Eggplant
- Garlic
- Green Beans
- Green Leaf Lettuce
- Green Peas
- Greens (Collard, Kale, Mustard, and Turnip)
- Mushrooms
- Okra
- Olives (Fresh Black & Green)
- Onion
- Parsnip
- Peppers, Sweet
- Peppers, Hot
- Potatoes (red, russet, and yellow)
- Radish
- Rutabaga
- Spinach
- Squash (butternut, pumpkin, summer/winter, and zucchini)
- Sweet Potatoes
- Tomato (paste & sauce)
- Turnip
- Water Chestnut

### Dairy Products

- Blue Cheese
- Brie
- Cottage Cheese
- Fresh Ice Cream
- Kefir
- Milk (Pasture Fed)
- Mozzarella
- Parmesan
- Provolone
- Ricotta
- Sour Cream
- Swiss Cheese
- Yogurt

### Grains and Grain Products

- Amaranth
- Barley
- Brown rice
- Bulgur
- Farro
- Oatmeal
- Popcorn
- Quinoa
- Sourdough Bread
- Spelt
- Wheat (in moderation)
- Pasta (various grains)

### Meat

- Beef (Grass Fed) Bison
- Buffalo
- Calamari
- Chicken

### Chicken Bones (broth)

- Venison
- Eggs
- Halibut
- Lamb
- Lobster
- Mussels
- Tuna (canned)
- Pink Shrimp
- Pork
- Sardines
- Striped Bass
- Tilapia
- Trout
- Tuna
- Turkey
- Veal
- Wild Alaskan Salmon
- Wild Game

### Fats

- Cooking Oils**
- Butter – Grass Fed
- Coconut Oil
- Ghee
- Lard – Grass Fed
- Tallow – Grass Fed
- Schmaltz – Grass Fed
- Low Temperature Oils**
- Extra Virgin Olive Oil
- Macadamia Nut Oil
- Flaxseed Oil
- Sesame Seed Oil
- Avocado Oil
- Walnut Oil