

Grocery Brand Recommendations

Note: these are the brands that I look to for quality.

ALWAYS read ingredient labels. That is the number one way to surmise quality.

Protein

I purchase with local farmers when possible. I do purchase some convenience products in the grocery store. Here are some brands to look for:

Meats:

Applegate

Niman Ranch

Coleman

Bilinski's

Chomps

EPIC

Mary's Chicken and Turkey

Dairy: 100% organic and grass-fed is the highest standard

Organic Valley

Kerrygold

Organic Pastures

4th & Heart Ghee

Eggs: 100% free-range pastured is the highest standard

Phil and Gerry's

Vital Farms

Seafood: (Wild seafood canned in olive oil or water):

Crown Prince

Bar Harbor

Redhead

Wild Planet

Thrive Market

Natural Sea

Dairy Alternatives:

Elmhurst Nut and Grain Milks (2 ingredients!)

NuCulture cultured cashew spreads

Kite Hill

Nut Pod's Creamers

Frozen Seafood: look for wild caught and put the stress on fatty fish (to maximize the Omega 3s)

Fats

Olive Oil (research brands) I buy the Thrive Market brand

Avocado Oil –Thrive Market brand

4th and Heart Ghee

Napa Valley Naturals Toasted Sesame Oil

Spectrum Palm Oil Shortening

Pastured animal fats

Gluten Free

Namaste Mixes—my go to baking mixes especially since they are potato starch free and I am sensitive to potatoes

King Arthur Brand Mixes

Green Mountain Gringo tortilla chips

Jovial and Tinkyada Pastas

Sesmark Rice Crackers

Mary's Gone Crackers

Grain Free

Simple Mills Almond Flour Mixes and Products

Siete Brand products

Otto's Cassava Flour

Thrive Market brand Cassava Flour

Jilz Crackers

Thrive Market Grain Free Granola

Condiments

Primal Kitchen (their mayo is THE BEST)

Sir Kensington

Chosen Foods

Condiments (continued)

Thrive Brand

Salad Girl

Tessamaes

Mother Raw

Thrive Market

Sweets & Treats

Alter Eco Chocolate

Hu Kitchen Chocolate

Equal Exchange Chocolate

Muffin Else

Cocomels

Hail Merry

Paleo Treats

On the Go (stuff to have in your purse/car/desk)

Larabar

RxBar

Chomps

Epic

Rhythm Vegetable Snacks

Justin Nut Butter Packs

Miscellaneous

Sea Tangle Seaweed

Maine Coast Seaweed

Kettle and Fire

Bionaturae

Muir Glen

Annie's

