

TIPS

- Check the label on all packaged food. Don't purchase anything that contains gluten, grains, dairy, soy, legumes, sugar and other processed food chemicals.
- Remember, Organic is best!
- For fresh items, just buy what you need for the next few days.

BAKING, FLOURS:

- Almond Flour
- Coconut Flour
- Arrowroot Flour
- Tapioca Starch
- Baking soda
- Unsweetened Cacao

OILS:

- Extra Virgin Olive Oil
- Macadamia Oil
- Walnut Oil
- Ghee
- Lard
- Coconut Oil
- Avocado Oil

VINEGARS:

- Balsamic Vinegar
- Apple Cider Vinegar

FRESH PRODUCE:

- Fresh Vegetables
- Fresh Seafood
- Fresh Meat

COCONUT PRODUCTS:

- Coconut Milk
- Coconut Water

HERBS, SPICES & SEASONINGS:

- Black Peppercorns
- Cayenne Pepper
- Five Spice Powder
- Sage
- Cumin
- Dried Ginger
- Oregano
- Thyme
- Garam Masala
- Ancho Chile
- Cinnamon
- Clove
- Salt
- Allspice
- Cardamom
- Nutmeg
- Red Pepper Flakes
- Paprika
- Curry Powder
- Nutmeg
- Garlic Powder
- Basil Rosemary
- Parsley
- Coconut Aminos
- Mustard
- Fish Sauce
- Pure Vanilla Extract

DRIED:

- Dried Mushrooms
- Dried Seaweed

NUTS:

- Almonds
- Brazil Nuts
- Cashews
- Macadamia
- Hazelnuts
- Pecans
- Pistachio
- Walnuts

FOR CONVENIENCE:

- Olives
- Capers
- Dates
- Raisins
- Organic Eggs
- Gelatin
- Lemon
- Lime
- Organic Stock (Chicken, Beef, Vegetable)
- Canned Tomatoes (Diced, Whole, Pureed)

BUTTER:

- Almond Butter
- Cashew Butter
- Hazelnut Butter
- Coconut Butter

SWEETENERS:

- Real Maple Syrup