



Au Naturale Nutrition - Grocery Guide

Circle the items to purchase.

Remember: Food quality is key!

Veggies & fruits: Write "F" to buy frozen. * On Dirty Dozen list (buy organic).

Pantry/Baking

almond flour
apple cider vinegar
avocado oil
baking powder/soda
chia seeds
cocoa powder
coconut flour
coconut oil
coconut sugar
dried berries
dried fruit
Enjoy life chips
gelatin/collagen
honey
kombu
macadamia oil
olive oil
pecan meal
protein powder
rice
sprouted flax meal
Swerve
tapioca flour

Spices

cinnamon
nutritional yeast
pepper
sea salt
spray (olive/coconut)
vanilla

Snacks

almonds
beef jerky/sticks
brazil nuts
cashews
chips (healthy oil)
dark chocolate bar
flax crackers
macadamias
Quest/Larabars
Xylitol chewing gum

Canned/Jarred

adzuki beans
almond butter
applesauce
chicken/beef broth
diced tomatoes
green chilies
mushrooms
olives
pasta sauce
pickles
pumpkin
salmon
sardines
sauerkraut
sunbutter
tomato sauce
tuna

Condiments

BBQ sauce
garlic- diced
ketchup
liquid aminos
maple syrup
mustard
pesto
pumpkin seeds
roasted peppers
salad almonds
salad dressing
salsa
sundried tomatoes
sunflower seeds

Drinks

aloe
coffee (reg/decaf)
green powder
lemon juice
Mineral water
tea (reg/decaf)
wine
zevia

Veggies/Fruit

apples*
asparagus
avocado
bananas
blueberries*
bok choy
broccoli
Brussels sprouts
cabbage
carrots
cauliflower
celery*
cilantro/parsley
cucumber*
ginger root
grapes*
green beans
green beans
green onion/leek
green onions
green/red pepper*
kale/chard
kiwi
leaf lettuce
lemons/limes
mango
mushrooms
oranges
peaches*
pears
pineapple
raspberries
red/yellow onion
snow peas
spinach*
squash
strawberries*
sugar snap peas*
sweet/potatoes*
tomatoes*
watermelon
zucchini
Other:

Dairy & Subs

almond milk
butter
cheese (raw)
coconut cream
coconut milk
cream
egg whites
eggs
ghee

Meats

bacon
bones (for broth)
breakfast sausage
chicken breasts
corned beef
ground beef
ground lamb
hot dogs
link sausage
liverwurst
lunch meats
pepperoni
pork chops
ribs
roast
rotisserie chicken
shrimp
steak
turkey
whole chicken
wild salmon
