



TRUEHEALTH GROCERY LIST

This is a list of nutrient dense, fresh, whole (or in some cases minimally processed) foods which promote optimal health. When your budget allows, always aim for organic (this is especially true for foods in which you eat the skin/flesh ie. apples) and remember to support your local farmer's market.

Organic Vegetables

- celery
- carrots
- red leaf lettuce
- green leaf lettuce
- romaine lettuce
- organic baby green salad mix
- tomatoes
- avocados
- garlic
- kale
- chard
- spinach
- beets
- onion
- red cabbage
- yams
- broccoli
- cauliflower
- cabbage
- ginger
- zucchini

Meat, Poultry & Fish

- fresh fish
- frozen wild-caught fish
- chicken (free range, organic if possible)
- ground turkey
- lean beef (organic, grass fed)

- bison/buffalo
- shrimp
- sea scallops

Eggs

- organic free-range eggs

Organic Fruit

- bananas
- apples
- pears
- oranges
- lemon
- nectarine
- blueberries/blackberries
- raspberries
- strawberries
- grapes
- pineapple
- peaches
- honeydew melon
- cantaloupe
- plums

Nut Milks

- almond milk
- hemp milk
- rice milk
- coconut milk

Canned or Carton Foods

- ___ kidney beans, navy beans, black beans
- ___ chickpeas
- ___ tomato puree
- ___ chopped tomatoes
- ___ organic vegetable/chicken stock

Raw Nuts

- ___ almonds
- ___ sunflower seeds
- ___ cashews
- ___ walnuts
- ___ pecans
- ___ hazelnuts
- ___ macadamia nuts

Breads and Grains

- ___ Ezekiel sprouted grain bread
- ___ brown rice burrito wraps
- ___ quinoa wheat bread

Dairy

- ___ organic butter
- ___ organic greek yogurt

Nut Butters

- ___ raw almond butter
- ___ sunflower seed butter

Flours

- ___ almond flour
- ___ coconut flour

Oils

- ___ cold pressed virgin coconut oil
- ___ cold pressed virgin olive oil
- ___ cold pressed sunflower oil (high heat/low smoke point)

Sauces, etc.

- ___ organic red wine or Balsamic vinegar
- ___ tamari (this is a gluten-free 'soy' sauce)
- ___ Dijon mustard/Organic ketchup

Frozen Fruit

- ___ organic blueberries
- ___ mixed berries
- ___ organic peaches

Herbs, Spices, Powders & Extract

- ___ sea salt
- ___ cayenne pepper
- ___ red pepper flakes
- ___ cracked pepper
- ___ cumin
- ___ cinnamon
- ___ vanilla extract
- ___ curry powder
- ___ marjoram
- ___ parsley, dried
- ___ thyme, dried
- ___ dill, dried
- ___ oregano, dried
- ___ basil, dried
- ___ bay leaf
- ___ anise seed
- ___ fennel seed

Sweeteners

- ___ stevia
- ___ raw honey
- ___ raw agave nectar
- ___ raw cocoa powder
- ___ raw cacao nibs