

Real Food Shopping List



This list is based on my top food picks from Walmart, based on the [Live Simply real food definition](#). This list doesn't represent all the food options available at Walmart. This guide isn't affiliated with Walmart.

BAKING/COOKING STAPLES

Sweeteners:

- ❑ Coconut sugar: Madhava
- ❑ Organic cane sugar
- ❑ Honey: Ambrosia Honey Co. Raw, Naked Wild Honey
- ❑ Maple syrup grade A & B: Great Value, Maple Grove

Flours:

- ❑ Almond flour: Bob's Red Mill
- ❑ Coconut flour: Better Body
- ❑ Whole wheat flour: Hodgson Mill, King Arthur

Oils:

- ❑ Coconut oil: Carrington Farms, Tropical Life
- ❑ Olive oil: Iberia Extra Virgin (source: Spain)
- ❑ Avocado oil: various

Vinegars:

- ❑ Apple cider vinegar: White House
- ❑ White distilled vinegar, various for cleaning
- ❑ Red wine vinegar, various (read ingredient list)
- ❑ White wine vinegar, various (read ingredient list)
- ❑ Balsamic vinegar, various (read ingredient list)

Spices:

- ❑ Various bottles (smaller selection): Wild Oats Organic
- ❑ Various bottles: McCormick

Grains, Rice, Pasta:

- ❑ Dried Beans: Wild Oats Organic, various

- ❑ Quinoa: Village Harvest
- ❑ Rice: various large bags
- ❑ Pasta: Wild Oats organic elbow, penne, spaghetti; Tinkyada brown rice pasta

Misc.:

- ❑ Baking powder: Aluminum-Free Rumford
- ❑ Baking soda: Arm & Hammer
- ❑ Unsweetened coconut flakes: Wild Oats organic
- ❑ Coconut Milk (canned): Thai Kitchen
- ❑ Chocolate Chips: Enjoy Life
- ❑ Unsweetened cocoa powder: Hershey's
- ❑ Rolled Oats (gluten free): Bob's Red Mill
- ❑ Crushed Tomatoes: Wild Oats organic, Muir Glen, POMI (cartons)
- ❑ Tomato Paste: Wild Oats organic
- ❑ Cooked beans: Wild Oats organic (canned)
- ❑ Salt: Himalayan pink sea salt (only grinder available)
- ❑ Tahini (make homemade hummus): Joyva
- ❑ Pure vanilla extract (if not making homemade): McCormick (read ingredient list)
- ❑ Chia seeds (I don't purchase this item often for cooking/baking, but they are an affordable option at Walmart): Better Body
- ❑ Nuts: various

CONDIMENTS

Misc.:

- ❑ Ketchup: Annie's
- ❑ Mustard, various
- ❑ Mayonnaise: Just Mayo (This brand isn't super clean, but it's the best I can find at Walmart.)
- ❑ Almond butter: Maranatha
- ❑ Peanut butter: Smucker's Natural or Organic
- ❑ Jam: Bonne Maman
- ❑ Pickles: Farmer's Garden by Vlasic

DAIRY AND EGGS

Meat/Seafood:

- ❑ Sausage: aidells
- ❑ Tuna (canned): Oceans Natural's Skipjack Tuna

Dairy:

- ❑ Butter: Kerrygold
- ❑ Cheese: Cabot
- ❑ Yogurt: Stonyfield (selection limited)

Eggs:

- ❑ Pastured eggs: The Happy Egg Co.

Ice Cream:

- ❑ So Delicious Coconut Ice Cream (Dairy-Free)

PREPARED FOODS

Granola:

- ❑ Granola: Select Bear Naked, Cascadian Farms (read ingredient list)

Snacks:

- ❑ Snack bars: Lara Bars
- ❑ Rice chips: Lundberg
- ❑ "Bunnies"~ gummies, cheddar crackers: Annie's
- ❑ Raisins: Sun-Maid
- ❑ Unsweetened applesauce: Wild Oats organic
- ❑ Fruit leather: Stretch Island

NON-FOOD

Bath/Body:

- ❑ Witch hazel: T.N. Dickinson's
- ❑ Rubbing alcohol
- ❑ Hydrogen peroxide
- ❑ Epsom salt

BEVERAGES

Coffee and Tea:

- ❑ Coffee, various
- ❑ Tea bags: Traditional Medicinals, Yogi

Misc:

- ❑ Suja Vegetable Juice, produce department
- ❑ Plain coconut water, various

PRODUCE

Organic:

- ❑ Boxed leafy greens
- ❑ Various produce items: peppers, cucumbers, etc.

Conventional:

- ❑ Shop according to the "Buy Organic" list, if possible

Frozen:

- ❑ Fruit, varies: Look for single ingredient frozen fruit packs, not "smoothie blends" with added sugar.
- ❑ Veggies, varies: Wild Oats organic, various conventional veggies.