

Real Food Shopping List



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

BAKING/COOKING STAPLES

Sweeteners:

- ❑ Coconut sugar
- ❑ Sucanat
- ❑ Powdered sugar
- ❑ Local honey, may vary with stores: bulk section
- ❑ Organic white sugar
- ❑ Maple syrup grade B: 365

Flours:

- ❑ Almond Flour, Bob's Red Mill
- ❑ Coconut Flour, Bob's Red Mill
- ❑ Whole Wheat Pastry Flour: varies- individual bags or bulk section
- ❑ Whole Wheat Flour: varies- individual bags or bulk section

Oils:

- ❑ Coconut oil: 365, Nutiva
- ❑ Olive oil: 365, various
- ❑ Avocado oil: various

Vinegars:

- ❑ Apple cider vinegar: Bragg's, Spectrum
- ❑ White distilled vinegar: Spectrum Note: For cleaning the small bottles are expensive.
- ❑ Red wine vinegar, various
- ❑ White wine vinegar, various
- ❑ Balsamic vinegar, various

Spices:

- ❑ Various bottles: Simply Organic

- ❑ Various bottles: Frontier
- ❑ Various bottles (smaller selection): Whole Foods' brand

Grains, Rice, Misc. Dry Goods:

- ❑ Bulk Grains (quinoa, barley, wheat-for grinding, etc.): bulk bins
- ❑ Bulk dried fruit (raisins, dates, mangos, pine apple, etc.): bulk bins
- ❑ Bulk rice: bulk bins

The above items may also be purchased in individual bags.

- ❑ Pasta: Jovial

Misc.:

- ❑ Baking powder: 365
- ❑ Baking soda: Bob's Red Mill, 365
- ❑ Unsweetened shredded coconut: Let's Do It
- ❑ Coconut Milk (canned): 365
- ❑ Chocolate Chips: 365, Enjoy Life
- ❑ Unsweetened cocoa powder, various
- ❑ Rolled Oats: Bob's Red Mill
- ❑ Crushed Tomatoes: Jovial (glass jar), Eden, Pomi (carton), 365
- ❑ Tomato Paste: BioNature (glass jar)
- ❑ Cooked beans: 365 (cans and cartons)
- ❑ Salt: Real Salt (fine)

CONDIMENTS

Salad Dressing:

- ❑ Tessemae's

Misc.:

- ❑ Ketchup: 365, Annie's, various
- ❑ Mustard: 365, Annie's, various
- ❑ Mayonnaise: Spectrum (this brand isn't super clean, but it's the best I can find at Whole Foods)
- ❑ Olives, sun-dried tomatoes, etc.: various- also try the amazing olive bar for a treat. The Sweet K's Olives are delicious.
- ❑ Fresh sauerkraut, pickles: produce department

MEAT, DAIRY, EGGS

Meat:

- ❑ Various grass-fed red meats- based on "step" system: White Oaks
- ❑ Various chicken cuts- based on "step" system: White Oaks
- ❑ Various seafood selections: with red, yellow, green ratings for sustainability-any fish can be deboned as a complimentary service

Dairy:

- ❑ Butter: Kerrygold, Organic Valley
- ❑ Cheese: various- stick with the block cheeses for the best price and minimal processing/ingredients
- ❑ Yogurt: Seven Stars, Stonyfield, various dairy-free selections
- ❑ Whole Milk: Natural by Nature (glass bottle or carton), Organic Valley Grass-Milk (carton)
- ❑ Heavy Cream: Natural by Nature

Eggs:

- ❑ Pastured eggs: Vital Farms

Ice Cream:

- ❑ Gelato: Whole Foods' brand
- ❑ Ice Cream: Alden's

PREPARED FOODS

Cereal/Granola:

- ❑ Cereal: Naked Wheat- Three Sisters (other varieties available)
- ❑ Granola: Purely Elizabeth

Baked Goods:

- ❑ Sourdough bread, various other breads: bakery

- ❑ Cupcakes, cakes, cookies: bakery

NON-FOOD

Bath/Body:

- ❑ Castile soap: Dr. Bronner's
- ❑ Nourishing oils (jojoba, almond, etc.): Aura Cacia
- ❑ Witch Hazel: Thayers
- ❑ Vegetable Glycerin: Aura Cacia
- ❑ Shea Butter: various
- ❑ Cocoa Butter: Aura Cacia
- ❑ Bentonite clay: Redmond
- ❑ Toothpaste: Earthpaste

Essential Oils:

- ❑ Various essential oils: Aura Cacia

Clothes:

- ❑ Threads4Thought (super cute clothes!)

BEVERAGES

Coffee and Tea:

- ❑ Bulk coffee and loose tea selections, Allegro
- ❑ Cold brew, Chameleon or Stumptown
- ❑ Tea bags: various, Traditional Medicinals

HOT/READY-TO-EAT FOODS

Deli:

- ❑ Whole rotisserie chicken
- ❑ Pizza (by the slice or a whole pie)
- ❑ Burgers and tacos- prepare to your liking
- ❑ Sushi
- ❑ Sandwiches-cold and pressed
- ❑ Hot bar and cold salad bar
- ❑ Fresh lunch meat (prepared in store)

Produce:

- ❑ Ready-to-go chopped veggies/fruits/mixes (stir-fry): produce department