

SPROUTS FARMERS MARKET AIP SHOPPING LIST

PRODUCE

- Artichokes
- Baby Bok Choy
- Bako Organic Sweet Potatoes in a Steam Bag-green and clear bag
- Broccolini/ Broccollette
- Cauliflower Rice
- Celeriac/Celery Root
- Cubed Butternut Squash
- Cubed Sweet Potatoes
- Organic Broccoli Slaw
- Fresh Herbs
- Organic Turmeric- 6.oz bag
- Jicama Sticks
- Micro Arugula
- Micro Broccoli
- Micro Cilantro
- Micro Radish Mix
- Napa Cabbage
- Organic Easter Egg Radishes- multicolored
- Okra
- Orange Cauliflower
- Organic Arugula
- Organic Baby Bella
- Mushrooms
- Organic Baby Carrots
- Organic Beets
- Organic Gold Beets
- Organic Lacinato Kale
- Organic Lemongrass
- Organic Oyster
- Mushrooms
- Organic Peeled and Steamed Red Beets (refrigerated)
- Organic Romain Hearts
- Organic Shredded Kale
- Organic Sweet Onions- 2lb bag
- Parsnips
- Persian Cucumbers
- Purple Cauliflower
- Purple Sweet Potatoes
- Rainbow Carrots
- Season & Steam Brussels Sprout Halves

PRODUCE CONT.

- Sprouts Organic Super Greens Mix
- Sunset Qukes- Teeny Tiny Cucumbers
- Vidalia Onions- 3 lb bag
- White Sweet Potatoes
- Whole Garlic Cloves in a bag
- Whole Jicama
- Yuca Root
- Avocados
- Dragon Fruit
- Organic Papaya
- Organic Peaches
- Plantains
- Whole Coconut (with shell)
- Young Coconut (shell removed)

FREEZER

- Atlantic Sea Farms
- Ready Cut Kelp Noodles
- Organic Asparagus Spears
- Organic Zucchini Slices
- Woodstock Organic Shitake Mushrooms
- Stahlbush Island Farms**
- Organic Veggies:**
- Broccoli Florets
- Butternut Squash
- Cauliflower Florets
- Colorful Sweet Potato Cubes
- Cool Cauliflower- multi-colored
- Golden Beets
- Multi-Colored Sliced Carrots
- Sliced Red Beets
- Sweet Potato Cubes
- Sprouts Frozen Veggies:**
- Organic Asparagus Spears
- Organic Butternut Squash Cubes
- Organic Cauliflower Florets
- Organic Chopped Kale
- Organic Riced Broccoli
- Organic Riced Cauliflower
- Atlantic Sea Farms Kelp Cubes- Original or Wild Blueberry and Ginger

FREEZER CONT.

- Wyman's Frozen Fruits:**
- Berry Banana
- Cherry Berry and Kale
- Mango Berry
- Mango Chunks
- Strawberries
- Triple Berry
- Wild Blueberry
- Sprouts Frozen Fruits:**
- Berry Medley
- Blueberries
- Mango Chunks
- Organic Sliced Bananas
- Pitaya Foods Smoothie Packs:
- Dragon Fruit or Passion Fruit
- Pomegranate Arils
- Rhubarb
- Angus Bubba Burgers
- Durham Ranch Wygu and Bison Beef Patties
- Bonafide Brand Beef and Chicken Bone Broth- Bags
- Siete Cassava Tortillas- Burrito Size in teal bag
- Wild Caught Scallops

SAVORY/SALTY SNACKS

- 4505 Chicharonnes Pork Rinds- Sea Salt flavor (blue bag)
- Artisan Tropic Cassava Strips
- Bamana Plantain chips
- Chomps Beef Sticks
- Epic Beef Sticks
- Epic Chicken Crisps
- Epic Pork Rinds- Pink Himalayan Sea Salt
- Jackson's Avocado Oil Sweet Potato Chips with Sea Salt
- Lesser Evil Paleo Puffs- Pink Himalayan Sea Salt only
- Plantain Chips- Terra, Bamana
- Sea Snax Seaweed
- Terra Cassava Chips- Sea Salt- Black bag with light blue stripe.

REFRIGERATED

- Bolthouse Farms 100% Carrot Juice (52 oz)
- Evolution Fresh Mighty Watermelon Juice
- Evolution Fresh Organic Defense Up Juice
- Evolution Fresh Organic Essential Greens Juice
- GT Synergy Kombucha
- Harmless Harvest Organic Coconut Water
- Healthy Roots Deep Clean Cold Pressed Juice
- Healthy Roots Heart Beet Cold-Pressed Juice
- Healthy Roots Immunity Cold Pressed Juice
- Pom Wonderful Juice 48 oz
- Smoothie Genius Just Coconut Drink
- Sol-Ti Organic Dragon Fruit Superade
- Sprouts Market Corner Green Power Juice
- Suja Organic Cold-Pressed Uber Greens Juice
- Cocojune Coconut Yogurt (Pure Coconut flavor)- White and blue container
- Cocoyo Coconut Yogurt- Pure flavor only (teal label).
- Culina Coconut Yogurt- Plain and Simple, Blueberry Lavender, and Strawberry Rose
- Harmless Harvest Plain Coconut Yogurt
- Cleveland Kraut-Beet Red
- Sinto Gourmet- Mild Napa Cabbage Kimchi
- Wild Brine Green Organic Kraut
- Organic Coconut Chunks
- True Story Uncured Black Forrest Ham Lunchmeat
- Volpi Prosciutto

PANTRY

- Apple Cider Vinegar- Bragg, Sprouts
- Balsamic Vinegar
- Cranberry Apple Cider Vinegar- Bragg
- Red Wine Vinegar- Pompeian
- White Wine Vinegar
- Avocado Oil Spray- Primal Kitchen, Chosen Foods, or Sprouts
- California Olive Ranch Avocado Oil Blend
- Avocado Oil- Nutiva, Primal Kitchen, and others
- Extra Virgin Olive Oil- various brands
- Extra-Virgin Olive Oil Cooking Spray- California Olive Ranch
- Nutiva Coconut Manna
- Nutiva Coconut Oil
- Nutiva Palm Shortening
- Epic Duck Fat
- Epic Pork Tallow
- Artisana Organics Raw Coconut Butter
- Sapjack Organic Maple Butter
- Coconut Cream- Native Forest (green and white label).
- Organic Coconut Milk- Native Forest (green and white label- make sure it says "no guar").
- Organic Coconut Milk with Turmeric- Native Forest Brand
- Organic Pumpkin Puree
- Organic Raw Honey
- Sprouts Organic Maple Syrup
- DVash Organic Date Nectar
- Big Tree Farms Organic Coconut Sugar
- Big Tree Farms Organic Vanilla Coconut Sugar
- Organic Coconut Flour- Arrowhead Mills, Bob's Red Mill, Sprout's brand
- Tapioca Flour/Tapioca Starch- Arrowhead Mills, Bob's Red Mill, and others
- AIP Paleo Powder Seasoning
- Cassava Flour- Pamela's (light blue bag), Otto's
- Pamela's Organic Tigernut Flour- Red bag
- Pink Himalayan Sea Salt
- Bob's Red Mill Shredded
- Unsweetened Coconut
- Bob's Redmill Arrowroot Starch
- Bragg Nutritional Yeast
- Carob Powder
- Simply Organic Vanilla Extract
- Sprouts Vanilla Beans
- Sprouts Baking Soda
- Sprouts Nutritional Yeast

PANTRY CONT.

- Avocado Powder
- Beet Root Powder- Carrington Farms
- Organic Turmeric Powder- Navitas
- Coconut Aminos
- Red Boat Fish Sauce
- Collagen Powder- Sprouts Unflavored Grass-Fed, Vital Proteins Unflavored, Vital Proteins Marine Collagen Unflavored
- Navitas Organic Elderberry Powder
- Navitas Organic Matcha Powder
- Organic Acai Powder- Navitas
- Crown Prince Anchovy Paste
- Crown Prince Wild Caught Boneless Skinless Sardines in Olive Oil
- Wild Planet Canned Anchovies
- Wild Planet Canned Sardines
- Henry and Lisa's Wild Caught Canned Pink Salmon (purple box)
- Epic Hickory Smoked Uncured Bacon Bits
- GimMe Organic Sushi Nori Seaweed Sheets
- Nourish Fond Delight Organic Chicken Bone Broth
- Solely Dehydrated Spaghetti Squash Noodles
- Sweet Potato Flour Noodles/Glass Noodles
- Jovial Cassava Pasta
- Sprouts Black Olives
- Sprouts Green Olives
- Herbal Teas and Organic Bulk Teas
- Organic Bulk Herbs and Spices

SHELF STABLE DRINKS

- Sprouts Juices
- 100% Beet Juice
- 100% Cranberry Juice
- 100% Pomegranate Juice
- 100% Prune Juice
- 100% Tart Cherry Juice
- Organic Lemon Juice
- Organic Lime Juice
- RW Knudsen Juices (glass bottles):
- Just Black Cherry
- Just Grapefruit
- Just Mango
- Organic Carrot Juice
- Organic Celery Apple Cucumber
- Organic Concord Grape
- Organic Just Pomegranate
- Organic Just Prune Juice

SHELF STABLE DRINKS CONT.

- Beet It Organic Beetroot Juice
- Ginger People Ginger Soother Lemon and Honey Gingerade
- Ginger People Ginger Soother Gingerade with Turmeric- **Note, reintro- black pepper
- Lakewood Juices (glass bottles):**
- Organic Beet Carrot Orange
- Organic Mango Blend
- Organic Pure Beet
- Organic Pure Blood Orange
- Organic Pure Celery
- Organic Pure Lemon Juice
- Organic Pure Lime Juice
- Organic Pure Orange
- Pure Cranberry
- Santa Cruz Juices (glass bottles):**
- Organic Pure Lime Juice
- Organic Pure Lemon Juice
- C2O Coconut Water- 100% Pure, With Pulp, or Pineapple
- Coconut Water: Sprouts 100% Coconut Water, VitaCoco brand (original flavor)

MEAT/POULTRY

- Applegate No-Sugar-Added Bacon
- Pedersen's No-Sugar-Added Bacon
- Sprouts No Sugar Added Bacon
- The Butcher Shop Uncured Applewood Bacon
- Grass-Fed Beef Short Ribs
- Grass-Fed Organic Ground Beef
- Meyer Applewood No Sugar Added Smoked Uncured Bacon
- Niman Ranch Applewood Smoked Bacon
- Organic Boneless Skinless Chicken Breasts
- Organic Chicken Thighs
- Organic Free-Range Ground Turkey
- Organic Ground Chicken
- Organic Whole Chicken
- Thomas Farms Free-Range Lamb Chops
- Thomas Farms Lamb Stew Meat
- Thomas Farms Leg of Lamb
- Thomas Farms Free Rack of Lamb
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