

# AIP Kroger Shopping List

## Organic Fruit

Avocado  
Blackberries  
Blueberries  
Fuji Apples  
Honeycrisp Apples  
Gala Apples  
Lemons  
Raspberries  
Strawberries

## Organic Vegetables

Arugula  
Asparagus  
Baby Carrots  
Baby Kale  
Broccoli Bunch  
Brussels Sprouts  
Cauliflower Head  
Celery  
Chives  
Chopped Kale  
Cilantro  
Curly Parsley  
Gold Jewel Sweet Potatoes  
Green Cabbage  
Green Leaf Lettuce  
Green Onions  
Iceberg Lettuce  
Lacinato Kale  
Leeks  
Living Butter Lettuce  
Long English Cucumber  
Mini Seedless Cucumbers  
Organic Girl 50/50 Mixed Greens  
Organic Girl Baby Arugula  
Organic Girl Baby Spinach  
Organic Girl Baby Spinach  
Organic Girl Spring Mix  
Portobello Caps  
Rainbow Baby Carrots  
Red Cabbage  
Red Leaf Lettuce  
Red Onions  
Romaine Hearts  
Romaine Lettuce  
Shiitake Mushrooms

## Refrigerated-Other

Blue Hill Bay Smoked Salmon  
Cleveland Kraut- Roasted Garlic  
\*Reintro- black pepper  
La Quercia Prosciutto  
Murray's Italian Prosciutto Di Parma  
Principe Prosciutto  
Private Selection Old World Prosciutto  
Veroni Italy Prosciutto Italiano Dry  
Cured Ham

## Organic Vegetables Continued

Simple Truth 50/50 Salad Blend  
Simple Truth Baby Romaine  
Simple Truth Baby Spinach Blend  
Simple Truth Baby Spinach Kale Mix  
Simple Truth Baby Spring Mix  
Simple Truth Broccoli and Cauliflower Florets  
Simple Truth Broccoli Florets  
Simple Truth Cauliflower Rice  
Simple Truth Organic Mediterranean Salad Starter  
Simple Truth Organic Veggie Medley Salad Starter  
Simple Truth Power Greens  
Spinach Leaves  
White Sweet Potatoes  
Whole Baby Bella Mushrooms  
Whole Carrots  
Whole White Mushrooms  
Zucchini

## Fresh Organic Herbs/Spices

Baby Dill  
Basil  
Garlic Bulbs  
Ginger  
Italian Parsley  
Lightly Dried Basil  
Mint  
Rosemary  
Sage  
Poultry Herb Blend- Rosemary/Sage/Thyme  
Roasting Herb Blend- Italian Parsley/Rosemary/Thyme  
Tarragon  
Thyme

## Fresh Meat/Poultry

Laura's Lean Ground Beef  
Simple Truth Organic Ground Beef  
Sunfed Ranch Grass Fed Organic Ground Beef  
Simple Truth Natural Angus Beef Ribeye Steak  
Simple Truth Organic Beef Tenderloin  
Simple Truth Natural Bison Ribeye Steak  
Simple Truth Natural Ground Bison Patties  
Simple Truth Natural Ground Bison  
Simple Truth Natural Ground Lamb  
Simple Truth Natural Lamb Loin Chops  
Simple Truth Natural Lamb Shoulder Chops  
Simple Truth Organic Boneless Skinless Chicken Tenders  
Simple Truth Organic Boneless Skinless Chicken Thighs  
Simple Truth Organic Chicken Drumsticks  
Just Bare Boneless Skinless Chicken Breasts  
Simple Truth Organic Whole Chicken  
Simple Truth Natural Lean Ground Turkey

## Add'l Produce Items

Genuine Coconut    Horseradish Root    Taro Root    Turmeric  
Coconut Chunks    Jicama    Yuca Root

## Pre-Cut Fruits/Veggies

Butternut Squash Cubes    Mixed Berries    Sliced Green Onions  
Butternut Squash Noodles    Mixed Melon Chunks    Strawberries  
Carrot and Celery Sticks    Honeydew Chunks    Chopped Onion and Cilantro  
Diced Onions    Jicama Sticks    Watermelon Chunks  
Mixed Fruit Bowl    Zucchini Squash Noodles

# AIP Kroger Shopping List

## Snacks

Bare Apple Chips- Fuji and Reds, Cinnamon, Granny Smith

Bare Pineapple Chips

Bear Fruit Rolls- Apple/Pear/Raspberry

Barnana Organic Himalayan Sea Salt Plantain Chips

Dang Lightly Salted Coconut Chips- Blue Bag

Epic Salmon Strip - Smoked Maple Salmon Fillet

Epic Pork Rinds with Pink Himalayan Salt

**GoGo Squeeze Fruit Pouches:** Apple Apple, Apple Mango, Apple Mango Guava, Apple Pineapple Passion Fruit, Apple Peach, and Gimme 5 Blend

Natural Delights Medjool Dates

Rind Chewy Straw-Perry (pear, apple, strawberry)

Simple Truth Organic Unsulfured Apricots

Rind Coconut Crisps

**Simple Truth Freeze Dried Fruits:** Cinnamon Apples, Mangoes, Mixed Berries, Strawberries, Strawberries and bananas

Terra Plantain Chips with Sea Salt

**That's It Bars-** Apple/Mango, Apple/Blueberry, Apple/Strawberry, Apple/Banana, Apple/Cherry

That's It Organic Crunchable Apples or Apples and Bananas

## Refrigerated Juices/Drinks

Bolthouse Farms 100% Carrot Juice

Evolution Cold Pressed Organic Orange Juice

Evolution Fresh Cold-Pressed Watermelon Juice Blend

Simple Truth 100% Cold Pressed Orange Juice

Lakewood Organic Pure Orange Juice

Simple Truth Organic No Pulp 100% Orange Juice

## Refrigerated Juices/Drinks cont.

Simply Orange Pulp Free Orange Juice

Kroger Adorbs Mandarin Orange Juice

Uncle Matt's Organic Orange Juice

Simple Truth Orange Pineapple Juice

Evolution Fresh Organic Citrus Ginger Zest Vegetable and Fruit Juice Blend

Evolution Fresh Organic Defense Up Cold-Pressed Juice Smoothie

Evolution Fresh Organic Green Devotion Cold-Pressed Juice Blend

Evolution Fresh Organic Greens & Ginger Cold-Pressed Vegetable & Fruit Juice Blend

Evolution Fresh Organic Sweet Apple Greens Cold Pressed Vegetable & Fruit Blend Juice

Harmless Harvest Coconut Water

POM Wonderful Juice

Suja Organic Celery Juice Drink

Suja Organic Uber Greens Juice Drink

Suja Organic Tart Cherry and Beet Recovery Shot

Suja Organic Ginger Juice Shot

**Synergy Kombucha-** Guava, Golden Pineapple, Trilogy, Mystic Mango, Watermelon Wonder, Gingerade, Gingerberry

Tropicana Pure Premium Original No Pulp Orange Juice

## Teas

Numi Aged Earl Grey Organic Tea

Numi Gunpowder Green Organic Green Tea

Numi Organic Jasmine Green Tea Bags

Numi Organic Rooibos Tea

Pukka Supreme Matcha Tea Herbal Green

Simple Truth Organic English Breakfast Black Tea

Simple Truth Organic Jasmine Green Tea

Yogi Pure Green Tea

## Shelf Stable Drinks/Juices

### Simple Truth Juices/Drinks:

Organic Fruits & Roots Juice

Organic Citrus Greens Cold Pressed

Organic Berry Juice Blend

Organic Citrus Raspberry Juice Blend

Organic Coconut Water (Original)

**Spindrift:** Raspberry Lime, Lemon, Grapefruit, Lime, Strawberry Lemonade, (NOT Mango or Pineapple- contain citric acid)

### RW Knudsen Juices:

Organic Beet Juice

Organic Just Concord Grape

Organic Just Grapefruit

Organic Just Prune Juice

## Teas Cont.

### Traditional Medicinals Teas:

Organic Chamomile & Lavender Tea

Organic Camomile Tea

Organic Ginger Tea

Organic Green Tea

Organic Peppermint Tea

Organic Raspberry Leaf

Organic Roasted Dandelion Root

Organic Spearmint Tea

Peppermint Probiotic Tea

## Canned Poultry/Seafood

King Oscar Royal Fillet Mackerel in Olive Oil

King Oscar Wild Caught Sardines in Extra Virgin Olive Oil

Kroger Premium Whole Oysters  
Kroger Wild Caught Pink Alaskan Salmon

Kroger Flat Anchovies in Olive Oil & Salt

# AIP Kroger Shopping List

## Canned Poultry/Seafood Cont.

Private Selection Wild Caught Tuna Fillets in Olive Oil- Glass Jar

Private Selection Wild Caught Tuna Fillets with Oregano- Glass Jar

Safe Catch Pure Wild Tuna- Single Serve Packet

Safe Catch Wild Pink Salmon- Cans or Packets

Simple Truth Organic Canned Chicken Breast in Water

Simple Truth Pole & Line Albacore Tuna in Spring Water with Sea Salt-packet

Simple Truth Pole & Line Albacore White Tuna in Salted Water

Simple Truth Pole & Line Skipjack Chunk Light Tuna with Sea Salt

Snows Clam Juice

Starkist EVOO Pink Salmon in Extra Virgin Olive Oil- Single Serve Pack

Starkist EVOO Yellowfin Tuna in Extra Virgin Olive Oil- Single Serve Pack

Bumble Bee Canned Wild Caught Pink Salmon

Wild Planet Organic Canned Roasted Chicken Breast

Wild Planet Skip Jack Wild Tuna

Wild Planet Wild Albacore Tuna

Wild Planet Wild Pacific Mackerel

Wild Planet Wild Sockeye Salmon

## Frozen Fruits

Farmer's Own Individually Packed Pineapple Wedges

Private Selection Tropical Mango Chunks

**Simple Truth Organic Fruits:**  
Berry Medley, Blueberries, Mango Chunks, Pineapple Chunks, Raspberries, Sweet Dark Cherries, Sliced Peaches

## Oils/Vinegars/Broths

Bertolli Organic Extra Virgin Olive Oil Spray

Bertolli Organic Extra Virgin Olive Oil

Spectrum Organic Extra Virgin Mediterranean Olive Oil

Simple Truth Organic Extra Virgin Olive Oil

Chosen Foods Avocado Oil Spray

Primal Kitchen Avocado Oil

Nutiva Organic Avocado Oil

Nutiva Organic Virgin Coconut Oil

Simple Truth Organic Unrefined Cold Pressed Virgin Coconut Oil

Simple Truth Organic Refined Expeller Pressed Coconut Oil

Primal Kitchen Organic Balsamic Vinegar

Simple Truth Organic Red Wine Vinegar

Simple Truth Organic White Wine Vinegar

Spectrum Organic Balsamic Vinegar

Pompeian Red Wine Vinegar

Bragg Apple Cider Vinegar

Simple Truth Organic Coconut Aminos

Kettle and Fire Turmeric Ginger Bone Broth

## Frozen Vegetables

Bird's Eye Steamfresh Broccoli Florets

Kroger Brussels Sprouts

Kroger Chopped Onions

Kroger Crinkle Cut Carrots

Kroger Cut Leaf Spinach

Kroger Frozen Chopped Spinach

Private Selection Broccoli Florets

Simple Truth Organic Broccoli Florets

Simple Truth Organic Brussels Sprouts

Simple Truth Organic Butternut Squash Cubes

Simple Truth Organic Cauliflower Florets

Simple Truth Organic Chopped Kale

Simple Truth Organic Chopped Spinach

Simple Truth Organic Sweet Potato Cubes

Ocean Choice Wild Snow Crab Clusters

Simple Truth Organic Spinach Leaves

## Baking Items

Bob's Red Mill Tapioca Flour

Bob's Red Mill Coconut Flour

Simple Truth Coconut Flour

Simple Truth Organic Cassava Flour

Simple Truth Organic Unsweetened Coconut Flakes

Bob's Red Mill Unsweetened Coconut Flakes

Baking Soda- Bob's Red Mill, Kroger, Arm and Hammer

Simple Truth Organic Coconut Sugar

Nature Nate's Organic Raw Unfiltered Honey

Simple Truth Organic Maple Syrup- Amber or Dark

Simple Truth Organic Honey

Pure Vanilla Extract- Simple Truth Organic, McCormick, Simple Truth Organic Madagascar Vanilla, Spice Islands

Pink Himalayan Sea Salt- Morton or Private Selection

## Simple Truth Organic Dried Herbs/Spices:

Garlic Powder  
Crushed Rosemary  
Italian Seasoning Blend  
Ground Turmeric  
Basil Leaves  
Minced Onion  
Ground Ginger  
Onion Powder  
Oregano Leaves  
Thyme Leaves  
Saigon Cinnamon  
Sage Leaves  
Parsley Flakes  
Mint Flakes  
Lemon Peel

## Freezer-Other

Simple Truth Organic Thin Sliced Chicken Breasts

Siete Burrito Size Tortillas (teal bag)

Wild Caught Orange Roughy

Wild Caught Sockeye Salmon