

meijer AIP Shopping List

Organic Fruits and Herbs

Bananas	Italian Parsley
Blueberries	Potted Chives
Strawberries	Curly Parsley
Raspberries	Cilantro
Avocados	Potted Parsley
Lemons	Potted Mint
Limes	True Goodness Mint
Navel Oranges	Leaves
Blackberries	Organic Thyme
Strawberries	Potted Thyme
Gala Apples	True Goodness Dill
Pink Lady Apples	True Goodness
Honeycrisp Apple	Organic Poultry Blend
Fuji Apple	Potted Rosemary
Pink Lady Apples	True Goodness
Gala Apple	Rosemary
Granny Smith Apples	True Goodness Sage
Green Seedless	True Goodness Bay
Grapes	Leaves
Anjou Pears	
Green Kiwi Fruit	

Organic Vegetables

Cucumbers
 Mini Cucumbers
 Broccoli
 Sweet Baby Broccoli
 Earthbound Farms Organic Broccoli and Carrots
 Earthbound Farms Organic Broccoli and Cauliflower
 Earthbound Farm Organic Spinach
 Earthbound Farm Organic Power Greens
 Earthbound Farm Organic Romaine Leaves
 Organic Iceberg Lettuce
 Earthbound Organic Spring Mix
 Rainbow Chard
 Earthbound Farms Organic Butter Lettuce and Baby Spinach
 Earthbound Farms Organic Baby Arugula
 Tanimura & Antle Artisan Romaine Lettuce
 Earthbound Organic 50/50 Blend
 Romaine Lettuce
 Earthbound Farm Organic Spinach and Arugula Mix
 Earthbound Farms Organic Baby Kale
 Green Kale
 Red Kale
 Lacinato Kale
 Tanimura & Antle Artisan Romaine Lettuce
 True Goodness Organic Mini Baby Bella's
 True Goodness Organic Sliced Baby Bella
 Mushrooms
 Whole White Mushrooms
 True Goodness Organic Shiitake Mushrooms
 True Goodness Organic Sliced White Mushrooms
 True Goodness Organic Oyster Mushrooms
 True Goodness Portobello Mushroom Caps

Organic Vegetables Continued

Green Cabbage
 Sweet Potatoes
 Whole Garlic
 Spice World Organic
 Peeled Garlic
 Red Onions
 Yellow Onions
 Green Onions
 Pearson Organic
 Coleslaw
 Meijer Sliced Zucchini and Squash
 Dandelion Greens
 Thai Gava
 Turmeric Root
 Turnip Greens
 Zucchini Squash
 Summer Squash
 Acorn Squash
 Butternut Squash
 Spaghetti Squash
 Red Beets
 Gold Beets
 Love Beets Organic
 Cooked Red Beets
 Earthbound Organic
 Brussels Sprouts
 Cauliflower
 Pero Cauliflower Florets
 Radishes
 Leeks
 Rainbow Carrots

Additional Produce

Plantains
 E-Z Break Coconut
 Whole Pineapple
 POM Wonderful
 Pomegranate Arils
 Whole Pomegranates
 Personal Seedless
 Watermelon
 Mini Bananas
 Honeydew Melon
 Whole Dragon Fruit
 Blood Oranges
 Raspberry Oranges
 Baby Bok Choy
 Coleslaw Mix- Dole or Pearson
 Pre-Cut Celery and Carrot Sticks
 Jicama
 Qukes Tiny Cucumbers
 Spiceworld Whole
 Shallots
 Turnips
 Rutabega
 Napa Cabbage
 Kohlrabi

Refrigerated Foods/Drinks

So Good So You Organic Probiotic Juice Shot Immunity
 Elderberry Blood Orange

 Synergy Kombucha- Guava Goddess, Trilogy, Gingerade, Golden Pineapple, Strawberry Serenity, Watermelon Wonder, Lemon Berry, Gingerberry, Peach Paradise, Lemon Berry

 Suja Organic Uber Greens
 Harmless Harvest Organic Coconut Water
 Suja Organic Cold-Pressed Celery Juice
 Bolthouse Farms 100% Carrot Juice
 Genuine Coconut Organic Coconut Chunks
 Cleveland Kraut Roasted Garlic Sauerkraut *Reintro-black pepper
 Frederik's by Meijer Prosciutto
 Columbus Prosciutto
 Daniele Del Duca Sliced Prosciutto
 Dietz & Watson Natural Prosciutto

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Lamb

Free Range Lamb Loin Chops
Free Range Ground Lamb
Free Range Lamb Shoulder Chops

Beef

Pre, Grass-Fed Lean Ground Beef
Laura's Lean Ground Beef
True Goodness Organic Grass-Fed Ground Beef
Grass Run Farms Grass-Fed Ground Beef Patties
Pre Brands Grass-Fed Top Sirloin Steak
Pre, Grass-Fed New York Strip Steak
High Plains Bison New York Strip Steak
Pre, Grass-Fed Filet Mignon Steak
Grass Run Farms Grass-Fed Chuck Roast
Grass Run Farms Grass-Fed Ground Beef
Pre, Grass-Fed Ribeye Steak
Grass Run Farms Grass-Fed Ribeye Steak

Game Meats

Force Of Nature Grass-Fed Ground Elk
Force Of Nature Grass-fed Ground Wild Boar
Force Of Nature Grass-fed Ground Venison
Great Range Ground Bison
High Plains Ground Bison
Force Of Nature Grassfed Ground Bison

Pork

Farm Promise Pork Chops
Farm Promise Pork Tenderloin
Meijer All Natural Ground Pork
Farm Promise Pork Loin Filet
Farm Promise Baby Back Ribs
Applegate Natural No
Sugar Uncured Bacon

Fresh Chicken

True Goodness Organic Boneless Skinless Chicken Thighs
Katie's Best Organic Boneless Skinless Chicken Thighs
Cooks Venture Pasture Raised Boneless Skinless Chicken Thighs
Crescent Foods Boneless Skinless Chicken Thighs
True Goodness Organic Boneless Skinless Breasts
Cooks Venture Pasture Raised Boneless Skinless Chicken Breasts
Katie's Best Organic Boneless, Skinless Chicken Breasts
Katie's Best Thin Sliced Chicken Breast
Crescent Foods Boneless Skinless Chicken Breast

Chicken Continued

Bilinskis Organic Wild Mushroom Chicken Sausage
**Reintro- black pepper
Katie's Best Organic Whole Fryer Chicken
True Goodness Organic Chicken Tenderloins
True Goodness Antibiotic Free Ground Turkey

Oils/Fats/Vinegars

Pompian Organic Extra Virgin Olive Oil
True Goodness Organic Extra Virgin Olive Oil
Terra Delyssa Organic Extra Virgin Olive Oil
Bertolli Organic Extra Virgin Olive Oil Spray
Pompeian Organic Robust Extra Virgin Olive Oil Cooking Spray
Frederik's by Meijer Single Origin Italian Extra Virgin Olive Oil
Frederik's by Meijer Single Origin Spanish Extra Virgin Olive Oil
Graza Sizzle EVOO For Cooking
Ancient Foods Greek Mountain Extra Virgin Organic Olive Oil
Coastal Extra Virgin Olive Oil
Graza Drizzle EVOO For Finishing
Pompeian Avocado Oil Spray
True Goodness Organic Refined Coconut Oil
Spectrum Organic Palm Shortening
Better Body Foods Organic Naturally Refined Coconut Oil
Pompeian Coconut Oil Cooking Spray
Spectrum Organic Unrefined Virgin Coconut Oil
Dignity Raw Coconut Oil
Pompeian Coconut Oil Cooking Spray
Chosen Foods 100% Avocado Oil
BetterBody Foods 100% Pure Avocado Oil
Cornhusker Kitchen Grass-Fed Beef Tallow
Cornhusker Kitchen Berkshire Premium Pork Fat
Cornhusker Kitchen Premium Rendered Duck Fat
Bragg Apple Cider Vinegar Unrefined Organic
Alessi Premium Balsamic Vinegar
Pompeian Organic Red Wine Vinegar

Seasonings

True Goodness Organic Rosemary
True Goodness Organic Garlic Powder
True Goodness Organic Seasoning Italian
True Goodness Organic Ground Ginger
True Goodness Organic Onion Powder
Spice Islands Snipped Chives
Frontier Saffron
Frontier Oregano Leaf
McCormick Ground Cinnamon
McCormick Gourmet Rubbed Organic Sage
McCormick Gourmet Organic Marjoram Leaves
McCormick Gourmet Collection Cilantro Leaves
Spice Islands Cinnamon Sticks

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Baking Flours

Bob's Red Mill Cassava Flour
Bob's Red Mill Organic Coconut Flour
Bob's Red Mill Arrowroot Starch Flour
Bob's Red Mill Tapioca Flour

Juices

R.W. Knudsen Organic Just Tart Cherry Juice
Lakewood Organic Pure Tart Cherry Juice
Lakewood Juice Organic Pure Pineapple
True Goodness Organic Pulp Free Orange Juice
Knudsen Organic Beet Juice

Canned Seafood

Blue Harbor Solid White In Water w/Salt
Genova Yellowfin Tuna in Olive Oil
SafeCatch Elite Wild Tuna
Meijer Albacore Tuna in Extra Virgin Olive Oil
Safe Catch Ahi Solid Wild Yellowfin Tuna
Wild Planet Wild Albacore Tuna
SafeCatch Elite Wild Tuna- single-serve pack or can
Meijer Wild Caught Chunk Light Skipjack Tuna

StarKist Selects Wild Caught Yellowfin Tuna Pouch in E.V.O.O.

Meijer Solid White Albacore Tuna
Starkist Solid White Albacore Tuna in Extra Virgin Olive Oil
Deming's Red Sockeye Salmon

Chicken of the Sea Chunk Style Pink Salmon in Water-**Can only. Single-serve packets are not compliant.

StarKist Selects E.V.O.O. Wild Caught Pink Salmon Pouch

Deming's Red Sockeye Salmon
Meijer Wild Caught Alaskan Pink Salmon
Safe Catch Alaskan Wild Pink Salmon
Wild Planet Wild Alaskan Pink Salmon
Meijer Wild Alaskan Red Sockeye Salmon
King Oscar Sardines Skinless Boneless in Olive Oil
Brunswick Sardines in Olive Oil
Brunswick Sardines in Spring Water
Beach Cliff Sardines In Water
Bumble Bee Chub Mackerel
Wild Planet, Wild Mackerel in Extra Virgin Olive Oil
Season Skinless Boneless Mackerel Fillets in Olive Oil
King Oscar Flat Anchovies
Reese Anchovy Paste
Cole's Trout Smoked Rainbow Trout in Olive Oil

Baking- Other

Wholesome Coconut Palm Sugar
Madhava Coconut Sugar
Wholesome Organic Coconut Sugar Palm
Nature Nate's Organic Raw Unfiltered Honey
True Goodness Organic Wildflower Honey Bear
True Goodness Organic Pure Maple Syrup
Grandma's Original Gold Molasses
Simply Organic Vanilla Extract
Meijer Pure Vanilla Extract
True Goodness Organic Pure Vanilla
Simply Organic Vanilla Extract
McCormick's Pure Vanilla Extract
True Goodness Organic Pure Vanilla Extract
Thai Kitchen 2 Simple Ingredient Coconut Milk
Thai Kitchen 2 Simple Ingredient Light Coconut Milk
True Goodness Organic Unsweetened Coconut Flakes
Libby's 100% Pure Organic Pumpkin
Meijer 100% Pure Pumpkin

Meijer Active Dry Yeast ***Note- The Fast Rising yeast is not compliant. The only ingredient should be yeast.
Baking Soda- Arm & Hammer, Meijer, Bob's Red Mill

Canned Fruits/Vegetables

True Goodness Organic Unsweetened Applesauce- big container- the single serve is not compliant.

Meijer Pitted Red Tart Cherries
Dole Pineapple Crushed in Juice
Meijer Sliced Pineapple in 100% Juice
Meijer Pineapple Chunks in 100% Juice
Meijer Crushed Pineapple in Juice
Meijer Sliced Canned Beets
Allens Popeye Spinach
Meijer No Salt Added Cut Leaf Spinach
Del Monte Fresh Cut Chopped Spinach

Frank's Shredded Sauerkraut (in a can with a green label) **Note there's a jar version that is not compliant. Ingredients should just be cabbage, water, and salt.

Meijer Canned Sauerkraut
Native Forest Organic Mushrooms Pieces & Stems
Del Monte Fresh Cut Harvest Selects Extra Long Asparagus Spears
Meijer Canned Asparagus Cuts & Tips
Meijer Whole Canned Asparagus Spears
Solely Organic Spaghetti Squash Pasta

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Snacks

Epic Pink Himalayan and Sea Salt Baked Pork Rinds
Epic Sea Salt Pepper Pork Rinds *Reintro- black pepper
Good Sense Plantain Chips with Sea Salt * note compliant but processed in a facility with other allergens
Natural Delights Coconut Medjool Date Rolls
Epic Smoked Salmon Maple Filet Strips
Epic Maple Glazed and Smoked Salmon Bites
Epic Wagyu Beef Steak Strips *Reintro- black pepper
Epic jerky venison bites *Reintro- black pepper
Made In Nature Organic Unsulfured Apricots
Natural Delights Organic Pitted Deglet Noor
Natural Delights Organic Medjool Dates
Made In Nature Organic Dried Mangoes
Sun-Maid California Sun-Dried Organic Raisins
Rind Straw-Peary Dried Fruit
Rind Orchard Dried Fruit
Rind Coco-Melon Dried Fruit
Brothers Strawberries Freeze Dried Fruit Crisps
Solely Organic Mango Dried Fruit Strips
Solely Organic Dried Fruit Pineapple Rings
Mavuno Harvest Organic Dried Pineapple
Mavuno Harvest Organic Dried Mango
Mavuno Harvest Organic Dried Coconut
True Goodness Freeze Dried Fruits: Strawberry Slices, Mix Fruit, Mango Slices, Banana Slices

Frozen Poultry/Seafood

Lobster Tail Twin Pack
Treasures From The Sea Snow Crab
PanaPesca Mussel Meat
Bubba Burger Original Chuck Gluten Free Burgers
All Natural Turkey Bubba Burger
Meijer 80/20 Ground Beef Burger Patties
Tyson Cornish Hens, Frozen, 2 pk
Frederiks by Meijer Seafood:
Cooked Shrimp- various sizes/types
Wild Caught Key West Pink Raw Shrimp
Wild Caught Cod Fillets
Wild Caught Sea Scallops
Wild Caught Skinless Grouper Portions
Wild Caught Keta Salmon Portions

Frozen Vegetables

Bird's Eye Steamfresh Broccoli Florets
Birds Eye Steamfresh Rainbow Cauliflower
Birds Eye White Pearl Onions

Green Giant Riced Veggies:

Cauliflower Risotto Medley
Steamers Chopped Spinach

Meijer Vegetables:

Microwavable Riced Cauliflower
Cauliflower Florets
California Blend Vegetables
Steamable Broccoli Cuts
Steamable Broccoli Florets
Steamable Winter Blend
Diced Onions
Brussels Sprouts
Crinkle-Cut Carrots

Frozen Fruits

Pitaya Foods Passion Fruit Bite-Sized Pieces
Pitaya Dragon Fruit Smoothie Packs
Cape Cod Select Cranberries
Dole Mixed Berries
Dole Whole Strawberries

Meijer Frozen Fruits:

Fruit Medley
Mango Chunks
Wild Blueberries
Dark Sweet Cherries
Strawberries
Blackberries
Blueberries
Triple Berry Blend
Cherry Berry Blend
Berry Medley
Pineapple Chunks

True Goodness Organic Fruits:

Triple Berry Blend
Blueberries
Tropical Fruit Blend
Pineapple Chunks
Raspberries
Mango Chunks
Strawberries
Sliced Peaches