

SAFEWAY AIP SHOPPING LIST

Organic Vegetables

Red Onions
Yellow Onion
Mini Peeled Carrots
Signature Farms Vegetable
Medley Steam In Bag
Signature Farms Broccoli Floret
Signature Farms Broccoli
Florets Steam In Bag
Signature Farms Cauliflower
Florets
Earthbound Farm Riced
Cauliflower Medley
Fresh Cut Asparagus Spears
Green Leaf Lettuce
Earthbound Farm Celery
Hearts
Cal Organic Leeks
Cal-Organic Rainbow Carrots
Butternut Squash
Red Cabbage
Curly Kale
Fox Romaine Hearts
Red Leaf Lettuce
Cal-Organic Collard Greens
Rainbow Chard
Red Chard
Beets
Taylor Farms Chopped Kale
Orange Garnet Yams
Orange Yams
Purple Sweet Potatoes
White Sweet Potatoes
Babybella Organic
Mushrooms
Cal-Organic Farms Organic
Red Radishes
Cal-Organic Farms Easter Egg
Radishes
Green Romaine Lettuce

Yellow Crookneck Squash
Cal-Organic Farms Parsley
Cal-Organic Farms Cilantro
Living Dill
North Shore Sage
Jumbo Artichokes

O Organics Vegetables:
Rainbow Baby Carrots
Whole Carrots
Shredded Carrots
Sweet Onions
Green Onions
Romaine Hearts
Living Lettuce
Half & Half Salad Blend
Spring Mix
Baby Spinach
Super Greens Baby
Spinach Baby Chard Baby
Kale
Salad Fresh Herb Blend
Living Watercress
Thyme
Rosemary
Dill
Fresh Chives
Fresh Mint
Sage
Oregano
Bay Leaves
Cilantro
Tarragon
Sliced Crimini Mushrooms
White Mushrooms
Portabella Mushrooms
Garlic Bulbs
Marjoram
Basil
Brussels Sprouts
Baby Beets- peeled and
steamed

Organic Fruits

O Organics:
Fuji Apples
Gala Apples
Granny Smith Apples
Fuji Apple
D'Anjou Pears
Red Pear
Blueberries
Green Seedless Grapes
Red Seedless Grapes
California Mandarins
Limes
Avocados

Add'l Organic Fruits:
Raspberries
Mangoes
Navel Oranges
Red Grapefruit
Papaya Formosa

Pork

Open Nature Ground Pork 80% Lean 20% Fat
Applegate Natural No Sugar Uncured Bacon **Note-
Applegate Sunday Bacon is not compliant.

Fresh Poultry

ROSIE Organic Boneless Skinless Chicken Breast
Rosie Organic Free-Range Chicken Breast Tenders
O Organics:
Free Range Boneless Skinless Chicken Breasts
Thin Sliced Free-Range Boneless Skinless Chicken Breast
Free Range Whole Turkey
Free-Range Boneless Skinless Chicken Thighs
Free-Range Chicken Drumsticks
Free-Range Bone-In Chicken Thighs
Free-Range Chicken Tenders

Beef and Bison

O Organics Organic Ground Beef 85% Lean 15% Fat
SunFed Ranch Grass Fed Beef Ground Beef 80% Lean 20%
O Organics Organic Beef Grass Fed Top Sirloin Steak
O Organics Grass-Fed Ground Beef Hamburger Patties
Open Nature:
Grass Fed Angus Boneless Beef Chuck Roast- Service Case
Grass Fed Whole Angus Beef Skirt Steak Whole
Grass Fed Whole Angus Flank Steak
Grass Fed Angus Stir-Fry Strips
Grass-Fed Angus London Broil
Grass-Fed Boneless Angus Beef Tri Tip Steak
Grass-Fed Angus Tri Tip Roast
Grass-Fed Angus Tenderloin Roast- Service Case
Grass Fed Whole Angus Ribeye Roast
Grass Fed Angus Ground Beef
Beef Hamburger Patties 85% Lean 15%
Ground Bison
Grass Fed Angus Top Sirloin Steak

Refrigerated- Other

Primo Taglio Prosciutto Dry Cured
Open Nature Prosciutto 100% Natural
True Story Smoked Turkey Breast
True Story Roasted Turkey Breast
Cleveland Kraut- Beet Red
Cleveland Kraut- Roasted Garlic *Stage 1 Reintro- black
pepper

Canned Fruits and Vegetables

Signature SELECT Beets Sliced Can
Green Giant Asparagus Spears
O Organics Organic Kalamata Olives
Signature SELECT Sauerkraut
Signature SELECT Pineapple Slices in 100% Pineapple Juice
Signature SELECT Crushed Pineapple in 100% Pineapple Juice

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Refrigerated Drinks

Biotic Organic Turmeric Tangerine Kvass **Stage 1 reintro- black pepper
Biotic Organic Red Beet Kvass

Simply Orange Juice Pulp Free **Check labels- a few varieties of Simply Orange contain "natural flavors"- usually when the orange is mixed with other fruits- mango for example.

Simply Orange High Pulp Juice
Signature Select Homestyle Orange Juice Some Pulp
O Organics No Pulp Orange Juice
Naked Pasteurized Orange Juice
Bolthouse Farms 100% Orange Juice
Simply Grapefruit Juice
Florida's Natural 100% Ruby Red Grapefruit Juice
Simply Apple Juice Pure Pressed
Pressed Juicery Sweet Greens With Ginger Juice
Pressed Juicery Sweet Citrus
Pressed Juicery Spicy Roots Juice
Evolution Organic Cold-Pressed Juices:
Celery and Lemon Juice Blend
Green Devotion Vegetable & Fruit Juice Blend
Carrot Citrus Radiance Fruit & Vegetable Juice
Watermelon and Lemon Juice Blend
Defense Up Fruit Juice Smoothie
GT's Synergy Strawberry Serenity
GT's Synergy Passionberry Bliss

Self-Stable Juices

Open Nature 100% Juice Cranberry
Sunsweet Juice Prune
Tree Top Apple Juice 3 Apple Blend
Signature Farms Apple Cider With Honey Crisp
Tree Top Honeycrisp 100% Apple Juice
O Organics 100% Juice Organic Unfiltered Apple
Santa Cruz Organic 100% Pure Lemon Juice
Santa Cruz Organic 100% Pure Lime Juice
O Organics Organic 100% Lemon Juice
Lakewood Organic Fresh Pressed Pure Carrot with Lemon Juice
Lakewood Juice Pressed Pure Cranberry
Lakewood Organic Fresh Pressed Juice Pure Pineapple
Lakewood Organic 100% Juice Pure Prune

Coconut Waters

Zola Original Coconut Water *check labels- one Zola product label showed just coconut water, another showed added sugar

ZICO Natural Coconut Water

Harmless Harvest Organic Coconut Water

FOCO Coconut Water

Blue Monkey Organic Coconut Water

C2O 100% Pure Coconut Water

Snacks

Sea Castle Organic Roasted Seaweed With Sea Salt
TERRA Sea Salt Plantain Chips
Signature SELECT Fried Pork Rinds Original
Mission Chicharrones Pork Rinds
Guerrero Tender Cracklins (pork rinds)
4505 Chicharrones Pork Rinds Sea Salt
North Coast Organic Honey Crisp Apple Sauce (Jar)
North Coast Organic Gravenstein Apple Sauce (Jar)
North Coast Organic Apple Sauce Apple Pouches
North Coast Organic Apple Sce. With Cinnamon (Pouches)
GoGo Squeeze Applesauce: Apple Apple, Apple Strawberry, Apple Banana
O Organics Mango Cheeks Dried
Caramel Natural Date Coconut Rolls *processed on equipment with tree nuts
Sunsweet Dates Pitted
Joolies Medjool Dates
Natural Delights Medjool Dates
Signature Farms Medjool Dates
Made In Nature Organic Dried Deglet Noor Dates
Made In Nature Organic Dried Mangoes *technically compliant but processed on equipment that handles some allergens
Nature's All Foods Mango Organic
Signature Farms Raisins Seedless
O Organics Organic Raisins Seedless Can
Made In Nature Organic Dried Smyrna Figs *technically compliant but processed on equipment that handles some allergens
O Organics Organic Dried Mission Figs
Made In Nature Organic Dried Apricots*technically compliant but processed on equipment that handles some allergens
Bare Foods Cinnamon Apple Chips
Bare Foods Fuji & Red Apple Chips
Bare Foods Granny Smith Apple Chips
Bare Foods Banana Chips Crunchy Simply
Island Saba Banana Chips Unsweetened
Made In Nature Organic Dried Bananas
Simply Dried Pineapple Rings

Pantry- Misc.

Thai Kitchen 2 Simple Ingredient Coconut Milk (Regular or Lite)
O Organics Coconut Aminos
Coconut Secret Coconut Aminos Raw
O Organics Seaweed Sushi Nori
Kettle & Fire Bone Broth Mushroom Chicken **Stage Reintros- Black Pepper and White Pepper
Kettle & Fire Bone Broth Turmeric Ginger

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Waters/Sparkling Waters

Signature Select Water Seltzer
Signature Select Sparkling Italian Mineral Water
Liquid Death Sparkling Mountain Water- double check ingredients- should just be carbonated water
Liquid Death 100% Mountain Still Water Pack
S. Pellegrino Sparkling Natural Mineral Water- Confirm it's just carbonated water, no natural flavors.
Spindrift Sparkling Water Raspberry Lime, Grapefruit, Lemon, Lime, Pink Lemonade ***Note a couple non-compliant flavors: Blood Orange Tangerine, Pineapple, and Orange Mango- these contain citric acid
Topo Chico Mineral Water
Perrier Sparkling Water- Original only- make sure the only ingredient is carbonated water.

Teas

Tejava Tea Black Unsweetened Original (bottle)
O Organics Organic Tea Jasmine Green
Twinings of London Green Tea
Tiesta Tea Matcha Superior
O Organics Green Tea
O Organics Green Tea w/Matcha
Pukka Organic Supreme Matcha Green Tea
Signature Reserve Loose Leaf Jasmine Green Tea
Maeda-En Matcha Shiki Green Tea Powder
Twinings of London Black English Breakfast Tea
Twinings of London Black Irish Breakfast Tea
Bigelow Earl Grey Black Tea
Mighty Leaf Organic Black Breakfast Tea
TAZO Organic Awake English Breakfast Tea
O Organics Black Tea
Numi Organic Aged Earl Grey Black Tea
O Organics Organic Chamomile Herbal Tea
Twinings of London Pure Chamomile Tea
Traditional Medicinals Organic Chamomile Tea with Lavender
Twinings of London Pure Peppermint Tea
O Organics Mint Tea
Signature Reserve Loose Leaf Spearmint Lavender Tea
Traditional Medicinals Organic Peppermint Tea
Stash Moroccan Mint Green Tea
Stash Peppermint Tea
TAZO Refresh Mint Tea
Numi Organic Rooibos Tea
Traditional Medicinals Organic Roasted Dandelion Root Tea

Canned Seafood/Poultry

Chicken of the Sea Water Chunk Style Pink Salmon in Can **Note- single serve packet is not compliant- contains soy
Signature SELECT Alaskan Pink Salmon
Bellino Filet of Anchovies Olive Oil and Salt
Bumble Bee Wild Pink Salmon
Genova Tuna Yellowfin Solid Light in Olive Oil
Wild Planet Tuna Albacore Wild
Bumble Bee Prime Fillet Tuna Albacore Solid White in Water **Note- the Bumble Bee Albacore Solid White tuna is not compliant- contains soy
Snow's Clam juice
Chicken of the Sea Sardines in Water
Genova Tuna Albacore Solid White in Olive Oil
Open Nature Tuna Chunk Light in Water
Wild Planet Wild Skipjack
Genova Yellowfin Tuna In Extra Virgin Olive Oil With Sea Salt (Single Serve)
Valley Fresh Organic Chicken Breast with Rib Meat in Water- ***Note- Valley Fresh Natural is NOT compliant- it needs to be Valley Fresh Organic.
Wild Planet Salmon Wild Pink Tuna
Safecatch Elite Wild Tuna
Tonnino Tuna Fillets in Olive Oil
Season Sardines Skinless & Boneless In Pure Olive Oil Can
King Oscar Anchovies Flat Fillets in Olive Oil
Wild Planet Wild Sardines In Water With Sea Salt
StarKist Tuna Yellowfin Solid Light in Extra Virgin Olive Oil
Open Nature Sardines In Water No Salt Added
Open Nature Tuna Albacore Chunk White in Water
Brunswick Sardines Fillets in Spring Water (or olive oil)
Bumble Bee Prime Fillet Tuna Tonno Solid Light in Olive Oil
Beach Cliff Sardines in Water
Safecatch Tuna Wild Albacore
Safecatch Wild Ahi Tuna
Tonnino Tuna Fillets in Spring Water
Chicken of the Sea Chub Mackerel

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Oils/Fats

Epic Duck Fat

Olive Oil:

Bertolli Extra Virgin Olive Oil
Colavita Extra Virgin Olive Oil
Pompeian Smooth Extra Virgin Olive Oil
O Organics Organic Extra Virgin Olive Oil
California Olive Ranch Extra Virgin Olive Oil
Signature SELECT Extra Virgin Olive Oil
Signature Reserve Extra Virgin Olive Oil Of Italy
O Organics Organic Extra Virgin Olive Oil
Star Extra Virgin Olive Oil
Cobram Estate Extra Virgin California Olive Oil
Lucini Extra Virgin Premium Select Olive Oil

Avocado Oil:

Signature SELECT 100% Oil Avocado
Chosen Foods Avocado Oil
Athenos Extra Virgin Olive Oil
La Tourangelle Avocado Oil
Primal Kitchen Avocado Oil Spray

Coconut Oil:

O Organics Organic Unrefined Coconut Oil
Dr. Bronner's Virgin Coconut Oil
Vita Coco Organic Coconut Oil
Nutiva Organic Refined Coconut Oil (Squeezable)
Nutiva Nurture Vitality Virgin Coconut Oil

Vinegars

Colavita White Balsamic Vinegar
Bragg Apple Cider Vinegar
Signature Select Apple Cider Vinegar
Signature Reserve Balsamic Vinegar
Signature Select Balsamic Vinegar Of Modena
O Organics Balsamic Vinegar of Modena
Fini Balsamic Vinegar Of Modena
Pompeian Vinegar Organic Red Wine
California Champagne Vinegar
O California Balsamic Fig Vinegar
Acid League Strawberry Rose Vinegar
Mazzetti Vinegar 4leaf Gold Balsamic
O Olive Oil & Vinegar Aged Sherry Vinegar
O Organics Apple Cider Vinegar
Pompeian Organic White Wine Vinegar
Pompeian Rose Balsamic Vinegar

Baking

Bob's Red Mill Cassava Flour
Bob's Red Mill Coconut Flour
Bob's Red Mill Arrowroot Starch
O Organics Unsweetened Shredded Coconut
Bob's Red Mill Unsweetened Shredded Coconut
Bob's Red Mill Unsweetened Unsulfured Coconut
Flakes
O Organics Organic Coconut Flour
Bob's Red Mill Tapioca Flour
Arm and Hammer Baking Soda
McCormick All Natural Pure Vanilla Extract
Signature Select Pure Vanilla Extract
O Organics Organic Vanilla Extract Pure
Morton & Bassett Pure Vanilla Extract
McCormick Pure Peppermint Extract
Signature Select Molasses Original
Nature Nate's Honey Bottle
O Organics Organic Honey
Open Nature Manuka Honey
Bradshaw's Spun Honey
Wedderspoon Raw Manuka Honey
Local Hive Raw & Unfiltered Clover Honey
Signature Select 100% Pure Maple Syrup
O Organics 100% Pure Maple Syrup
Coombs Organic Maple Syrup
Spring Tree Pure Maple Syrup
Morton & Bassett Turmeric
Morton & Bassett Turkish Bay Leaves
McCormick Onion Powder
O Organics Garlic Powder
McCormick Oregano Leaves
McCormick Ground Cinnamon
McCormick Garlic Powder
Morton & Bassett Turmeric

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Frozen Fruits

Earthbound Farms Organic Frozen Blueberries
Earthbound Farms Triple Cherry Blend
Wyman's Triple Berry Blend
Wyman's Mango Berry With Wild Blues
Signature Select Papaya Chunks
Signature Select Pomegranate Arils

O Organics Fruits:

Mixed Berries
Strawberries
Blueberries
Blueberries Strawberries & Mango
Dark Sweet Dark Cherries
Wild Blueberries
Mango Chunks
Raspberries
Mixed Berries
Pineapple Chunks
Tropical Blend Strawberries Pineapple Mango
Organic Blackberries

Freezer- Misc

Bonafide Provisions Chicken Bone Broth
Bonafide Provisions Broth Beef Bone
O Organics Organic Bone-In Turkey Breast
Bubba Burgers Original
Angus Bubba Burger
Signature Farms 100% Ground Beef Patties (73% lean or 91% lean)
Signature Select Angus Beef Burgers
Foster Farms Party Chicken Wings
Panapesca Seafood Mix

Frozen Vegetables

Woodstock Organic Mushrooms Shiitake
Woodstock Organic Mushrooms Mixed
Cascadian Farm Organic Spinach *contains baking soda-weird but it's compliant
Cascadian Farm Organic Multi-Colored Carrots

O Organics Frozen Vegetables:

Broccoli Florets
California Style Vegetables
Chopped Spinach
Butternut Squash
Chopped Kale
Brussels Sprouts
Cauliflower Florets
Normandy Style Vegetables
Earthbound Farm Organic Frozen Vegetables:
Cut Spinach
Broccoli Florets
Butternut Squash
Kobocha Diced Squash
Riced Cauliflower

Signature SELECT Frozen Vegetables:

California-Style Vegetables
Broccoli Cuts or Florets
Petite Broccoli Florets Steam In Bag
Petite Brussels Sprouts Steam In Bag
Winter Blend Broccoli & Cauliflower
Crinkle Cut Carrots
Cauliflower Florets
Plain Riced Cauliflower
Chopped Spinach
Quartered Artichoke Hearts
Chopped Onions
Riced Veggie Blend- Broccoli Cauliflower Carrots
Green Giant Vegetables:
Zucchini Spirals
Riced Cauliflower & Broccoli
Riced Cauliflower
Riced Cauliflower Risotto Medley
Riced Cauliflower & Sweet Potato
Riced Cauliflower With Lemon & Garlic