

AIP Walmart Shopping List

Organic Fruit

Bananas
 Blueberries
 Strawberries
 Avocados
 Gala Apples
 Lemons
 Blackberries
 Honeycrisp Apples
 Anjou Pears
 Red Seedless Grapes
 Long English
 Cucumber
 Pink Lady Apples
 Raspberries
 Sungold Kiwifruit
 Cranberries
 Green Grapes
 Limes
 Grapefruit

Organic Vegetables

Baby Carrots
 Spinach
 Green Cabbage
 Romaine Lettuce
 Spring Mix
 Green Onions
 Carrots
 Broccoli
 Zucchini
 Arugula
 Celery Hearts
 Yellow Onions
 Spinach and Spring Mix
 White Mushrooms
 Shredded Carrots
 Mini Cucumbers
 Cauliflower
 Iceberg Lettuce
 Whole Garlic
 Baby Spinach
 Baby Kale Mix
 Cauliflower Florets
 Sweet Potatoes

Refrigerator- Misc.

POM Wonderful Juice
 Harmless Harvest Coconut Water
 Synergy Kombucha- Trilogy,
 Gingerade, Gingerberry, Guava
 Goddess
 Hydration WTR MLN WTR
 (Watermelon Water)
 Suja Organic Uber Greens Juice
 Simply Orange 100% Orange Juice
 Del Duca Prosciutto
 Great Value Sliced Prosciutto

Fresh Organic Herbs/Spices

Organic Parsley
 Organic Ginger Root
 Rosemary
 Thyme
 Basil
 Mint
 Dill Weed
 Bay Leaves
 Oregano

Fresh Meat/Poultry

Marketside Butcher Beef Tenderloin Steak
 Marketside Butcher Grass-Fed Beef Chuck Roast
 Marketside Butcher Grass-Fed Beef Ribeye
 Marketside Butcher Grass-Fed Top Sirloin
 Marketside Butcher Organic Grass-Fed Ground Beef
 Marketside Butcher Organic Grass-Fed Beef Patties
 Marketside Butcher Wagyu Beef Patties
 Marketside Butcher Lamb Shoulder Chop
 Purdue Harvestland Organic Chicken Breasts
 Purdue Harvestland Organic Chicken Tenderloins
 Purdue Harvestland Organic Chicken Drumsticks
 Purdue Harvestland Free Range Whole Chicken
 Purdue Harvestland Organic Chicken Thighs

Fresh Seafood

Wild Caught Alaskan Sockeye Salmon
 Wild Caught Yellowfin Tuna
 Wild Caught Scallops
 Wild Caught Lobster

Add'l Produce Items

Kiwi	POM Wonderful	Rhubarb	Napa Cabbage
Oranges	Pomegranate Arils	Red Cabbage	

Pre-Cut Fruits/Veggies

Pineapple Chunks	Marketside Vegetables:	Broccoli Slaw Superblend
Watermelon Chunks	Halved Brussels Sprouts	Broccoli Cauliflower Vegetable Medley
Cantaloupe Chunks	Cauliflower Florets	Chopped Cauliflower
Mango Spears	Sweet Potato Cubes	Kale Leaves
Pineapple Berry Blend	Butternut Squash Cubes	Marketside Tri-Color Coleslaw Mix
Grapes	Organic Vegetable Medley	
Broccoli Florets		
Diced Mirepoix Mix		

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Snacks

Bear Fruit Rolls- Apple Pear Raspberry, Apple Pear Mango, Apple Pear Strawberry

Great Value Unsweetened Dried Pineapple Rings

Great Value Freeze Dried Fruits:

Mango Fruit Crisps
Dried Strawberry Crisps
Freeze Dried Strawberry and Banana Fruit Crisps
Freeze Dried Fuji Apple Fruit Crisps

Great Value Sun-Dried Raisins

Great Value Organic Dried Mango Strips

GoGo Squeeze Fruit

Pouches: Apple Apple, Apple Peach, and Gimme 5 Blend

Great Value Pitted Medjool Dates

Barnana Organic Plantain Chips

Goya Tostones Chips- Original

Great Value Original Fried Pork Rinds

That's It Bars: Apple/Strawberry, Apple/Blueberry

That's It Mini's: Apple/Mango, Apple/Blueberry, Apple/Strawberry

Canned Fruits/Vegetables

Great Value Pineapple Chunks in Juice

Great Value Crushed Pineapple

Canned Pumpkin- Great Value and Libby's

Great Value Sauerkraut

Silver Floss Shredded Kraut

Great Value Pear Halves

Great Value Spinach

Teas

Traditional Medicinals Organic

Teas:

Peppermint
Green Tea
Peppermint Probiotic Tea
Raspberry Leaf
Roasted Dandelion Root
Ginger Tea
Camomile Tea

Numi Organic Teas:

Rooibos
Aged Earl Grey
Jasmine Green Tea
Moroccan Mint
Yogi Pure Green Tea

Oils/Vinegars/Broths

Nutiva Organic Coconut Oil
Spectrum Culinary Organic Coconut Oil
Lou Ana Coconut Oil
Great Value Organic Coconut Oil
FatWorks Duck Fat
FatWorks Pork Lard
FatWorks Organic Tallow
Chosen Foods 100% Organic Avocado Oil
Better Body Foods Avocado Oil
California Olive Ranch Extra Virgin Olive Oil
Origin 856 Organic Unfiltered Olive Oil
Pompeian Organic Cold Press Olive Oil Spray
Bertolli Organic Extra Virgin Olive Oil Spray
Great Value Extra Virgin Olive Oil Spray
Chosen Foods Organic Avocado Oil Spray
Pompeian White Wine Vinegar

Shelf Stable Drinks/Juices

RW Knudsen Juices:

Organic Beet Juice
Organic Just Concord Grape
Organic Just Grapefruit
Organic Carrot Juice
Organic Just Prune Juice

Lakewood Juices:

Organic Mango Blend
Pure Pineapple Juice
Papaya Blend
Organic Orange and Carrot

Santa Cruz Organic Lemon Juice
Santa Cruz Organic Lime Juice

Oils/Vinegars/Broths/Sauces Cont.

Pompeian Red Wine Vinegar
Terra Verde Organic Balsamic Vinegar of Modena
Bragg Apple Cider Vinegar
Bragg Apple Cider Vinegar with Honey
Great Value Organic Apple Cider Vinegar
Better Body Coconut Aminos

Canned Poultry/Seafood

Valley Fresh Organic Canned Chicken Breast in Water

Wild Planet Albacore Wild Caught Canned Tuna

Wild Planet Wild Albacore Tuna

Safe Catch Pure Wild Caught Canned Skipjack Tuna

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

Safe Catch Pure Wild Tuna- Single Serve Packet or can

Genova Yellowfin Tuna in Olive Oil Wild Caught Canned Alaskan Pink Salmon

Great Value Alaskan Pink Salmon

Prelate Wild Pink Salmon

Safe Catch Wild Pink Salmon- Single Serve Packets

Chicken of the Sea Boneless Skinless Pink Salmon- traditional style and chunk style in can. **NOTE: The single serve packet is not compliant.

Geisha Whole Oysters in Water

Chicken of the Sea Whole Oysters

Goya Jack Mackerel

Season Brand Mackerel in 100% Olive Oil

Pampa Mackerel in Brine

King Oscar Royal Fillet Mackerel in Olive Oil

King Oscar Wild Caught Sardines in Extra Virgin Olive Oil

Snows Clam Juice

Season Brand Wild Caught Sardines in Water or Olive Oil

Bar Harbor Skinless, Boneless, Smoked Sardines

Bar Harbor Chopped Sea Clams

Giovanni's Anchovy Paste- yellow box- double check label- should just be anchovies, olive oil, salt, and water.

Baking Items

Nature Nate's Organic Raw Unfiltered Honey

Maple Groves Pure Organic Maple Syrup

Great Value Organic Raw Honey

Better Body Foods Organic Coconut Palm Sugar

Great Value Organic Coconut Sugar

Great Value Organic Unsweetened Coconut Flakes

Great Value Organic Coconut Flour

Better Body Foods Organic Coconut Flour

Arm and Hammer Baking Soda

Morton Pink Himalayan Sea Salt

McCormick Organic Vanilla Extract

Great Value Pure Vanilla Extract

Light House Freeze Dried Herbs: Parsley, Chives, Garlic, Oregano, Basil, Spring Onion, Dill, Cilantro

Great Value Organic Spices: Ginger, Garlic Powder, Cinnamon, Thyme Leaves, Crushed Rosemary, Turmeric, Italian Seasoning, Bay Leaves, Oregano, Onion Powder, Basil Leaves, Dill Weed, Cinnamon Sticks, Parsley Flakes, Oregano Leaves, Whole Cloves, Rubbed Sage, Marjoram, Mint, Chives, Rosemary, Cilantro, Orange Peel, Vanilla Bean

McCormick Organics Onion Powder

McCormick Organics Garlic Powder

Embe Organic Coconut Milk- green carton

Thai Kitchen 2 Simple Ingredient Coconut Milk

Frozen Vegetables

Great Value Brand:
Broccoli Florets
Brussels Sprouts
Chopped Spinach
Cauliflower
Asparagus Spears
Sweet Potato Cubes
Riced Cauliflower
Organic Kale

Frozen Vegetables Cont.

Bird's Eye Brands:
Normandy Blend
Steamfresh Brussels Sprouts
Steamfresh Broccoli, Cauliflower, and Carrots
Steamfresh Asparagus
Steamfresh California Blend
Steamfresh Broccoli Florets

Pictsweet Farms Chopped Onions

Pictsweet Farms Cut Okra

Green Giant Cauliflower Risotto Medley

Frozen Fruits

Pitaya Foods Dragon Fruit Pieces

Pitaya Foods Coconut Smoothie Packs

Wyman's Triple Berry Blend

Wyman's Wild Blueberries

Great Value Brand:
Frozen Raspberries
Frozen Pitted Dark Cherries
Organic Frozen Blueberries
Organic Mango Chunks
Mixed Berry Medley
Blueberries
Whole Strawberries
Pineapple Chunks
Sliced Peaches
High Antioxidant Fruit Blend
Blackberries

Freezer-Other

Rising Tide Wild Caught Sockeye Salmon

Sam's Choice Mussels *note- farm raised

Sam's Choice Wild Caught Cold Water Lobsters

Sam's Choice Wild Caught Dungeness Crab Legs