

WHOLE FOODS MARKET

AIP SHOPPING LIST

PRODUCE

- ☐ White Sweet Potatoes
- ☐ Organic Baby Arugula
- ☐ Organic Spring Mix
- ☐ Sliced Shitake Mushrooms
- ☐ Red Beets
- ☐ Organic Girl Super Greens Salad
- ☐ Organic Baby Spinach
- ☐ Organic Japanese Sweet Potatoes
- ☐ Whole Baby Bella Mushrooms
- ☐ Organic Girl Romaine Hearts
- ☐ Organic Butternut Squash
- ☐ Organic Peeled Garlic- comes in a bag.
- ☐ Organic Baby Bok Choy
- ☐ Organic Chopped Kale
- ☐ Organic Sweet Baby Lettuces
- ☐ Organic Lacinato Kale
- ☐ Organic Baby Rainbow Carrots
- ☐ Organic Purple Stokes Sweet Potatoes
- ☐ Organic Riced Cauliflower
- ☐ Organic 50/50 Baby
- ☐ Spinach and Spring Mix
- ☐ Whole Artichokes
- ☐ Organic Baby Kale
- ☐ Organic Broccoli Slaw
- ☐ Organic Arugula and Baby Spinach mix- 365 brand
- ☐ Organic Herbs
- ☐ Shaved Brussels Sprouts
- ☐ Organic Red Chard
- ☐ Wild Gourmet Mushrooms Blend (shitake, oyster, and bella)
- ☐ Organic Carrot Chips
- ☐ Organic Parsnips
- ☐ Organic Portabella Caps
- ☐ Organic Red Kale
- ☐ Organic Rainbow Chard
- ☐ Sweet Potatoes
- ☐ Shitake Mushrooms
- ☐ Cubed Butternut Squash

PRODUCE CONT.

- ☐ Yuca Root
- ☐ Purple Asparagus
- ☐ Butternut Squash Rotini
- ☐ Organic Zucchini Noodles
- ☐ Dried Morel Mushrooms
- ☐ Dried Chanterelle Mushrooms
- ☐ Dried Oyster Mushrooms
- ☐ Organic Golden Beets
- ☐ Cooked Beets
- ☐ Organic Avocados
- ☐ Organic Bosc Pears
- ☐ Organic Sungold Kiwi
- ☐ Organic White Peaches
- ☐ Apricots
- ☐ _____
- ☐ _____

FREEZER

Whole Foods 365 Frozen Veggies:

- ☐ Organic Whole Leaf Spinach
- ☐ Organic Chopped Kale
- ☐ Organic Root Vegetables
- ☐ Organic Zucchini Spirals
- ☐ Organic Riced Cauliflower
- ☐ Organic Butternut Squash Chunks
- ☐ Organic Mixed Mushrooms
- ☐ Organic Chopped Spinach
- ☐ Organic Broccoli Florets
- ☐ Cut Okra
- ☐ Asparagus Spears
- ☐ Organic California Blend Veggies
- ☐ Brussels Sprouts
- ☐ Organic Mirepoix Mix
- ☐ Caulipower Sea Salt and Olive Oil Sweet Potato Slices
- ☐ Organic Sweet Potato Chunks
- ☐ Organic Tri-Colored Sliced Carrots
- ☐ _____
- ☐ _____

FREEZER CONT.

- ☐ Applegate Organic Turkey Burgers
 - ☐ Diestel Organic Turkey Burgers
 - ☐ Organic Meat Co. Organic Beef Burgers
 - ☐ Meyer Angus Frozen Beef Patties
 - ☐ Bell & Evans Organic Chicken Livers
 - ☐ Bonafide Provisions Organic Turkey Bone Broth (bag)
 - ☐ Siete Brand Tortillas (burrito size is compliant)
 - ☐ Wild-Caught Sockeye
 - ☐ Salmon- 365 brand
 - ☐ Wild-Caught Cod Fillets- 365 brand
 - ☐ Wild-Caught White Gulf Shrimp
- #### Whole Foods 365 Frozen Fruits:
- ☐ Organic Blueberries
 - ☐ Organic Berry Blend
 - ☐ Organic Whole Strawberries
 - ☐ Organic Mango Chunks
 - ☐ Organic Dark Sweet Cherries
 - ☐ Organic Raspberries
 - ☐ Organic Pineapple Chunks
 - ☐ Organic Blackberry
 - ☐ Pitaya Dragon Fruit
 - ☐ Smoothie Packs
 - ☐ Coconut Smoothie Packs- Pitaya Plus and Inner-Eco
 - ☐ Pitaya Plus Organic Jack Fruit Pieces
 - ☐ Pitaya Plus Bite-Sized Watermelon Pieces
 - ☐ Wild Blueberries- Wyman's, 365 brand
 - ☐ Triple Berry- Wyman's
 - ☐ Cranberries- Cape Cod Select
 - ☐ Organic Mediterranean Medley- Smart Harvest

MEAT/POULTRY

- ☐ Organic Plain Whole Rotisserie Chicken
- ☐ Applegate Uncured Turkey Bacon
- ☐ Whole Foods Organic No Salt Added Bacon
- ☐ Organic Boneless Skinless Chicken Breasts
- ☐ Organic Ground Turkey
- ☐ Grass-Fed Ground Lamb
- ☐ Organic Whole Chicken
- ☐ Organic Boneless Skinless Chicken Thighs
- ☐ Boneless Skinless Chicken Tenders
- ☐ Organic Ground Chicken Breast
- ☐ Grass-fed Ground Venison
- ☐ Lamb Rib Chops
- ☐ Organic Ground Pork
- ☐ Nature's Rancher Thick-Cut Pork Chops

REFRIGERATED

- ☐ Cocoyo Coconut Yogurt- Pure, Raspberry.
- ☐ Anita's Coconut Milk Yogurt- Plain
- ☐ Culina Coconut Yogurt- Plain and Simple, Pink Grapefruit, Blueberry Lavender, Mango Orange Blossom, and Strawberry Rose
- ☐ Harmless Harvest Whole Coconut Smoothie
- ☐ Prosciutto
- ☐ Diestel Fresh Roasted Turkey Breast Lunchmeat
- ☐ Applegate Organics Roast Beef Lunchmeat- *Reintro: black pepper
- ☐ Niman Ranch Applewood Pulled Pork
- ☐ Wildbrine Raw Organic Kraut
- ☐ Bubbies Sauerkraut

PANTRY

- ☐ Native Forest Simple Coconut Milk-
Make sure it says "no guar" on the front.
- ☐ Let's Do Organic Heavy Coconut
Cream- Purple and White Can
- ☐ Herbal teas
- ☐ Organic Matcha Tea
- ☐ Jovial Grain Free Pasta (blue box)
- ☐ Solely Spaghetti Squash Pasta
- ☐ Jack's Paleo Kitchen Cookies (Lemon
Zing, Snickerdoodle, Ginger Molasses,
cinnamon raisin)
- ☐ Seggiano Artichoke and Garlic
Tapenade
- ☐ Seggiano Super Dense Classic
Balsamic Glaze
- ☐ Noble Made Nutritional Yeast
- ☐ _____
- ☐ _____
-
- ☐ Coconut Aminos- Coconut Secret
- ☐ Red Boat Fish Sauce
- ☐ Organic Pumpkin Puree
- ☐ Organic Butternut Squash Puree
- ☐ Organic Sweet Potato Puree
- ☐ Organic Canned Mushrooms
- ☐ Canned Sliced Beets- 365 brand
- ☐ Black Olives- 365 brand
- ☐ Green Olives 365 Brand
- ☐ Epic Bone Broth- Tuscan Chicken
- ☐ Epic Pork Lard
- ☐ Epic Beef Tallow
- ☐ Epic Duck Fat
- ☐ Avocado Oil- 365 brand, Spectrum
- ☐ Avocado Oil Spray- Chosen brand,
365 brand, Primal Kitchen
- ☐ Extra Virgin Organic Olive Oil
- ☐ Organic Coconut Oil
- ☐ Coconut Manna- Nutiva
- ☐ Organic Squeezable Coconut Oil-
Nutiva
- ☐ Bob's Red Mill Arrowroot Starch
- ☐ Otto's Cassava Flour
- ☐ Tapioca Flour
- ☐ Coconut Flour
- ☐ Genimi Tigernut Flour
- ☐ Navitas Organic Cauliflower Flour
- ☐ Baking Soda
- ☐ Simply Organic Vanilla Extract
- ☐ Red Star All Natural Active Dry Yeast-
Make sure it says "all natural" and the
only ingredient is yeast.

PANTRY CONT.

- ☐ Unsweetened Shredded Coconut-
Let's Do Organic
- ☐ Cream of Tartar
- ☐ Real Salt Ancient Sea Salt
- ☐ Pink Himalayan Sea Salt
- ☐ Manuka Honey- several brands
- ☐ Raw Organic Honey- Several brands
- ☐ Organic Coconut Sugar
- ☐ Organic Maple Syrup
- ☐ Organic Unsulfured Blackstrap Molasses
- ☐ Just Date Syrup
- ☐ Just Date Syrup Organic
- ☐ Pomegranate Molasses
- ☐ Organic Maple Sugar
- ☐ Collagen Powder- Vital Proteins
Unflavored, Vital Proteins Unflavored
Marine Collagen
- ☐ Acai Powder- Navitas
- ☐ _____
- ☐ _____
-
- ☐ _____
- ☐ _____
-
- ☐ _____
- ☐ Wild Mackerel Fillets- Wild Planet
- ☐ Pole Caught Albacore Tuna-
American Tuna
- ☐ Wild Planet Albacore Wild Tuna
Pouches
- ☐ Wild Planet Organic Canned
Chicken Breast
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SHELF STABLE DRINKS

Whole Foods Juices:

- ☐ Super Juice
- ☐ Organic Tart Cherry Juice
- ☐ Organic Cranberry
- ☐ Organic Prune Juice
- ☐ Santa Cruz Juices:
- ☐ Organic Lime Juice
- ☐ Organic Lemon Juice
- RW Knudsen Juices:**
- ☐ Just Concord Grape Juice
- ☐ Just Prune Juice
- Lakewood Juices**
- ☐ Pure Cranberry
- ☐ Organic Mango Juice
- ☐ Organic Pineapple Ginger
- ☐ Mango Juice Blend
- ☐ Organic Pure Beet Juice
- ☐ Pure Carrot Juice
- ☐ Organic Pure Blueberry Juice
- ☐ Organic Pure Pomegranate Juice
- ☐ _____
- ☐ _____
- ☐ _____

Other Drinks:

- ☐ Martinelli's Organic Apple Juice
- ☐ Martinelli's Organic Honeycrisp Cider
- ☐ C2O Coconut Water- 100% Pure,
or With Pulp,
- ☐ Whole Foods 365 Organic
Coconut Water
- ☐ Amy and Brian Coconut Water
with Pulp- yellow can
- ☐ Spindrift Sparkling Waters-
Grapefruit, Half Tea Half Lemonade,
Raspberry Lime, Lemon

REFRIGERATED DRINKS

- ☐ Pom Wonderful Pomegranate Juice
- ☐ Arden's Garden Yoga Vegetable Juice
- ☐ Arden's Garden PH Solution Vegetable
Juice
- ☐ Arden's Garden Beet it Better Vegetable
Juice
- ☐ Suja Organic Fuel Juice
- ☐ Suja Organic Celery Juice
- ☐ Suja Organic Sweet Beets Juice
- ☐ Suja Organic Probiotic Watermelon Juice
- ☐ Urban Green Juice
- ☐ GT Synergy Kombucha-
Gingerade, Original, Tantric
Turmeric, Guava Goddess,
Gingerberry, Strawberry Serenity,
Golden Pineapple, Hibiscus
Ginger, California Citrus,
Lavender Love, Trilogy,
Watermelon Wonder, etc.

SNACKS

- ☐ Artisan Tropic Cassava Strips (Sea Salt)
- ☐ Epic Pork Rinds- Pink Himalayan Sea Salt
- ☐ Epic Coconut Maple Salmon Filet Bar/Stick
- ☐ 4505 Chicharrones Pork Rinds (Sea Salt)- light blue bag
- ☐ Lesser Evil Paleo Puffs- Pink Himalayan Sea Salt
- ☐ The New Primal Beef Thins
- ☐ Terra Chips Sweets Medley
- ☐ Plantain Chips- Terra Sea Salt, Barnana Pink Himalayan Sea Salt, Artisan Tropic Sea Salt, Inka Sea Salt
- ☐ Epic Pork Rinds- Pink Himalayan Sea Salt
- ☐ Epic Maple Glazed Salmon Bites
- ☐ Chomps Snack Beef Sticks- Italian (green package)
- ☐ Rhythm Naked Beet Chips
- ☐ Rhythm Organic Carrot Sticks
- ☐ Dang Coconut Chips- Lightly Salted- Light blue bag
- ☐ Mango Lime Pineapple Fruit Bites- 365 brand
- ☐ Natierra Freeze-Dried Banana Chips
- ☐ Bare Organic Apple Chips- Cinnamon, Fuji and Reds, or Granny Smith
- ☐ Organic Dried Mango- 365 brand, Solely Mango Halves, Natierra Mango Cheeks
- ☐ Organic Medjool Dates- Natural Delights brand, Aurora Natural
- ☐ Organic Raisins (big container and single serve)- 365 brand
- ☐ Organic Prunes- Aurora Natural
- ☐ Organic Turkish Figs- Aurora Natural
- ☐ Organic Turkish Apricots- 365 brand
- ☐ Freeze Dried Strawberries- 365 brand
- ☐ Bear Snacks Real Fruit Strawberry Yo-yos
- ☐ Organic Applesauce Pouches (365 brand), Strawberry, Cinnamon
- ☐ Organic Dried Pineapple Rings- Solely brand OR 365 brand
- ☐ That's It Bars
- ☐ Stretch Island Fruit Leather- Grape or Raspberry
- ☐ Rhythm Crunchy Mango Bites
- ☐ Solely Fruit Jerky- Mango, Pineapple Coconut
- ☐ _____
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- ☐ _____

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