



A+A Wellness Healthy Grocery Shopping List

A+A Tips for Healthier Food Shopping:

- Eat Before Grocery Shopping
- Review the Clean Fifteen/Dirty Dozen prior to shopping
- Stick to Your List & Circle Only Items Needed
- Shop with Your Goals in Mind
- Shop the Outer Perimeter First
- Ask Yourself at Each Item "Is this bringing me closer to my goals or further from my goals?"

Meats/Protein



- Turkey
- Chicken
- White Albacore Tuna
- Wild Caught Salmon
- Fish of Choice
- Grass Fed Beef
- Bison
- Lean Steak
- Grass Fed Protein Powder

Dairy & Alternatives



- Vitals Pastured Eggs
- Grass Fed Butter
- 0% Greek Yogurt
- Nancy's or Supernatural Cottage Cheese
- Unsweetened Almond Milk (SoDelicious is only almonds and water)

Fresh Produce



- Lettuce/Spinach/Romaine
- Spaghetti Squash
- Garnett/Jewel Yams
- Red Potatoes
- Mushrooms
- Onion
- Tomato
- Fresh Okra
- Parsley
- Cilantro
- Cucumber
- Turmeric
- Ginger
- Celery
- Peppers
- Red Radish
- Daikon Radish
- Leeks
- Beet
- Sprouts
- Avocado
- Carrots
- Lemons
- Limes
- Fresh Herbs
- Organic Green Apples

Frontier Herbs Brand Seasoning



- Himalayan Salt
- Mexican
- Pizza
- Garlic Powder
- Onion Powder
- Basil
- Cinnamon
- Nutmeg
- Vanilla Extract
- Almond Extract

Condiments & Seasoning



- Tessemae's Dressings & Marinades
- Low Sodium Pasta Sauce
- Enrique's Pizza Sauce
- Coconut Oil
- EV First Cold Pressed Olive Oil
- Sugar Free Ketchup
- Mustard
- Dijon Mustard
- Horseradish
- Apple Cider Vinegar

Drinks



- Organic Coffee
- Green Tea
- Organic Teas of Choice
- 'Republic of Tea' Iced Teas
- Kevita
- Kombucha
- Water

Raw Nuts/Seeds



- Almonds
- Brazil Nuts
- Walnuts
- Hazelnuts
- Chia Seed
- Hemp Seed

Snacks



- Almond Butter
- Nut Butter Packets
- Organic Peanut Butter
- Mary's Gone Crackers
- Hummus
- Quest Bars



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Canned Items



- Organic Pumpkin
- Organic Squash
- Tuna

Frozen



- Broccoli
- Cauliflower
- Green Beans
- Okra
- Strawberries
- Mixed Berries
- Cranberries
- Raspberries

Specialty Items & 'Clean' Cheats



- Liquid Stevia
- Aluminum Free Baking Powder
- Lilly's Chocolate Chips for Baking
- 88% or more Dark Chocolate
- Wildbrine Kimchi & Kraut
- 'Against the Grain' Grain Free/GF Pizza



Notes
