

Stock Up for Success: Fast Food Staples/Brand Names

PANTRY ITEMS

Sides/Starches

- Lundberg Pilafs (organic)
- TruRoots (ALL sprouted quinoa, rice, beans/lentils)
- Seeds of Change (quick rice)
- Ancient Harvest (rice, quinoa)
- Lotus Foods Heirloom Forbidden /Volcanic Rice; heat and eat)
- Sprouted Brown Rice (Thrive)
- Wild Rice (Bob's Red Mill Lundburg)
- Rizopia (wild rice pasta)
- Shirataki noodles
- TruRoots ancient grain pastas
- Organic pastas

Canned Fish (tuna, sardines, shrimp, etc.)

- Wild Planet (tuna, shrimp, anchovies, sardines, salmon)
- Natural Sea
- Safe Catch
- Wild Selections
- Bar Harbor (wild herring, smoked sardines, chopped clams); Thrive

Canned Chicken

- Wild Planet

Tomato Sauce:

Look for no added sugars (< 5 g), olive oil as main oil, no fillers; ideally organic as tomatoes are on the dirty dozen.

- Amy's Organic Family Marinara
- Victoria Organic
- Wegmans Organic Chunky Marinara
- Thrive Market Organic Tomato Sauces

Broths: Avoid those with yeast extract

- Pacific Organic Bone Broths
- Pacific Organic Vegetable Broth
- Imagine organic free range chicken and vegetable broth
- Imagine Cooking Chicken Stock

Artichoke Hearts

- Mezzetta marinated glass jar
- Frozen, plain artichoke hearts
- Native Forest artichoke hearts
- Delallo artichoke hearts

Roasted Peppers

- Jeff's Naturals Bell Pepper Strips
- Mediterranean Fire Roasted

Salsa

- Amy's
- Green Mountain Gringo
- Simply Tostitos Organic Salsa
- Whole Foods/Wegmans organic

Sauces

- Coconut Secret (Soy and wheat free 'soy sauce')
- Red Boat Fish Sauce
- Buffalo sauces (Tessemæ)
- BBQ (Annie's Naturals or Tessemæ Organic)
- Worcestershire sauce (Annie's)
- Tamari (San-J)
- Teriyaki (San-J, Coconut Secret)
- Szechuan (San-J)



Mayonnaise/Condiments

- Primal Kitchen avocado mayo
- Chosen Foods avocado mayo
- Sir Kensington's mayo
- Dijon Mustard (Annie's, Whole Foods 365)
- Ketchup (any organic brand with no high fructose corn syrup; ideally 2g/no more than 4g sugar per Tbs)

Salad Dressings

- Hilary's (LOTS of amazing choices here you can also use as marinades)
- Braggs
- San-J Tamari Sesame and Tamari Ginger
- Tessemae (choose those made with olive oil, not sunflower oil)

Snacks

- Wholly Guacamole
- Garden of Eatin organic Chips
- Boulder Canyon Avocado potato chips
- Go Raw Sprouted snacks/seeds

FRIDGE ITEMS

Butter

- Organic Valley Culture Pasture
- Anchor Butter (Amazon)
- Kerrygold (Supermarkets, Costco)
- Ghee (Purity Farms, Pure Indian Foods, Thrive Market)

Yogurt

- Siggis, all flavors
- Seven Stars, plain
- Nancy's Organic, plain
- Stonyfield, plain (organic/grass-fed)
- Green Valley Organic (no lactose)
- Redwood Hill Farm Goat Yogurt (Whole Foods)

Crackers

- Mary's Gone Crackers
- Flackers (Dr in The Kitchen)
- Julian's Bakery Paleo Thin Crackers

Soups

- Boulder Organic Soups

Spices

- Frontier
- Simply Organic

Cereals (No more than 4 grams sugar/svg).

- Nature's Path (Mesa Sunrise, Whole Organic O's, Heritage Heirloom Whole Grain Flakes)
- Qia
- Rolled oats

Granola Bars

- Kits Organics
- Lara Bars
- KIND bars (5g sugar varieties)

Milk Alternatives

- (no carrageenan, no added sugars)
- Califia almond or toasted coconut almond
- Silk almond milk (unsweetened)
- Good Karma Flax milk
- So Delicious coconut milk (cartons or quarts, small culinary milk cartons are great)
- Aroy-D
- Native Forest Canned full fat (pantry)



Cheese/Cottage Cheese

- Nancy's cottage cheese
- Organic Valley cottage cheese
- Organic Valley Raw Cheddar
- New Zealand Grassfed Sharp Cheddar (Trader Joes)
- Grassfed Swiss (Trader Joes, Whole Foods)
- Kerrygold Dubliner Grass fed cheese (Whole Foods)

Sauerkraut (raw, in glass containers, refrigerated)

- Bubbies
- Wildbrine
- Rejuvenate

Veggies

- Prewashed bagged salads/mixed greens
- Spirulized zucchini

FREEZER

Entrees

- [Bueno Foods](#)

Vegetarian Burgers

- Hilary Burgers
- Sunshine Burgers
- [NEAT](#)

Frozen Fruits and Veggies

- See dirty dozen list

Organic Meats/Sausages

- Rotisserie chicken, organic: [read our article](#)
- [KOL foods](#)
- Coleman
- Aidells organic
- Organic ground meats
- Applegate Farms
- Deli Meat - Plainville Farms, Wegmans organic, Applegate (not prepackaged)

Coffee

- Pete's Organic
- Equal Exchange
- Other organic brands!



Specialty Stores/Markets

Trader Joe's (may differ by region)

- TJ Super Seed and Ancient Grain Blend cereal (no sugar)
- TJ Super Seed Blend with cranberry and coconut (less than 4g sugar)
- Grass-fed Beef Sirloin Roast
- Wild Blue Shrimp
- Applegate grass-fed hot dogs
- Grass fed angus beef burgers
- Healthy 8 chopped veggie mix
- Steamed peeled baby beets
- Seasoned Brussel Sprouts
- Fully cooked brown rice
- Skipjack pole caught tuna
- Kombucha
- Kerrygold grass-fed butter
- Organic corn taco shells
- New Zealand Grass-fed Sharp Cheddar
- Grass-fed Swiss Cheese
- Oils (coconut, olive, avocado)

Costco (may differ by region)

- Chicken Basil Meatballs
- Organic chicken and ground turkey
- Plainville Farms deli turkey
- Wild Planet Tuna and Sardines
- Kerrygold butter
- Wholly guacamole (single servings packs)
- Hannah's organic hummus (single servings packs)
- Organic frozen berries and veggies
- Organic produce
- Unsweetened almond milk
- Oils (organic, unrefined coconut, organic olive, avocado)
- TruRoots quinoa
- Chia seeds
- Almond flour
- GoRaw Sprouted Seeds • Pumpkin Seeds • Sunflower Seeds
- Organic coffee

