

Real Food Shopping List



This list is based on my top food picks from Kroger, based on the [Live Simply real food definition](#). This list doesn't represent all the food options available at Kroger. This guide isn't affiliated with Kroger.

BAKING/COOKING STAPLES

Sweeteners:

- Organic white sugar: various
- Pure maple syrup: Simple Truth Organic, Coombs Family Farms
- Raw honey: Wholesome Sweeteners

Flours:

- Almond flour: Bob's Red Mill
- Coconut flour: Bob's Red Mill
- Whole wheat flour: various

Oils:

- Olive oil: various
- Coconut oil: Dr. Bronner's

Vinegars:

- Apple cider vinegar: Braggs
- White distilled vinegar, for cleaning
- Red wine vinegar
- White wine vinegar
- Balsamic vinegar

Spices:

- Various bottles: McCormick
- Pure vanilla extract: McCormick - look for pure vanilla without corn syrup, not imitation

Grains, Rice, Pasta:

- Quinoa: various
- Rice: various- organic and conventional options; Lundberg sprouted rice
- Whole wheat pasta: Simple Truth Organic

- Gluten-free pasta: Jovial

Misc.:

- Baking soda: Arm & Hammer
- Unsweetened shredded coconut: Bob's Red Mill
- Canned coconut milk: various- read ingredient list
- Rolled oats: Bob's Red Mill
- Diced, whole, and strained tomatoes: Simple Truth Organic
- Tomato sauce (not spaghetti sauce): Simple Truth Organic
- Dry beans, various
- Sea salt, various
- Dry active yeast, various
- Coconut butter: Maranatha

CONDIMENTS

Misc.:

- Almond butter: Maranatha
- Salsa: Simple Truth Organic, Mi Elote

MEAT, DAIRY AND EGGS

Meat/Seafood:

- Grass-fed ground beef: Simple Truth Organic, White Oak Pastures
- Free Range whole chicken: Simple Truth Organic
- Free Range chicken breasts: Simple Truth Organic
- Tuna and salmon (canned): various- look for "sustainably-sourced" or "wild-caught" brands

- ❑ Lunchmeat: Applegate
- ❑ Fresh and frozen seafood: look for “sustainably-sourced” or “wild-caught” brands

Dairy:

- ❑ Butter: Kerrygold (grass-fed)
- ❑ Cheese: Organic Valley Raw Cheddar
- ❑ Yogurt: Stonyfield
- ❑ Sour cream: Daisy

Eggs:

- ❑ Simple Truth “Cage Free”

PRODUCE

Organic:

- ❑ Various produce items and frozen selection

Conventional:

- ❑ Shop according to the “Buy Organic” list, if possible: large selection

PREPARED FOODS

Cereal:

- ❑ Nature’s Path and Barbara’s-read ingredient list
- ❑ Granola: Nature’s Path, PaleoKrnch (grain-free)

Snacks:

- ❑ Raisins: Sun-Maid
- ❑ Unsweetened organic applesauce: Simple Truth Organic
- ❑ Squeeze fruit pouches: Simple Truth Organic
- ❑ Chips: Boulder Canyon Sea Salt Potato Chips, Dang Coconut Chips
- ❑ Sunflower Seeds: Simple Truth Organic
- ❑ Popcorn: Buddha Bowl

Bread:

- ❑ Sprouted bread: Ezekiel bread - frozen section
- ❑ Gluten-free bread: Rudi’s-frozen section

NON-FOOD

Bath/Body:

- ❑ Castile soap: Dr. Bronner’s (liquid)
- ❑ Hydrogen peroxide
- ❑ Rubbing alcohol

BEVERAGES

Coffee and Tea:

- ❑ Coffee: various
- ❑ Tea bags: various
- ❑ Kombucha: Synergy, Bucha
- ❑ Juice: Arden’s Garden, R. W. Knudsen
- ❑ Silk Unsweetened Almond Milk