

Grocery List

Chomps meat sticks

Thrive Waygu Beef Bars

BUFF Bison Snack Sticks

Rolling Meadow, Sieggis plain greek yogurt

Epic Provisions (jerky, meat bars, baked pork rinds)

Raincoast, Safe Catch, Wild Planet BPA free canned tuna/salmon

Designs for Health Pure Paleo Beef Protein



Grocery List

Wonderful Pistacchio single
serve packets

Blue Diamond Almond single
serve packets

RX Nut, Artisana Nut Butter
Packets

Rawcology Granola

Julians Bakery Granola

Nuts To You Nut Butter



Grocery List

Rx Bar

Lara Bar

Vital Proteins Collagen Bar

Thunderbird Bars

That's It Fruit Bars

Rx AM Oat Cup

Julians Bakery Paleo Protein Bars

Darryl's Performance Line Bars

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Grocery List

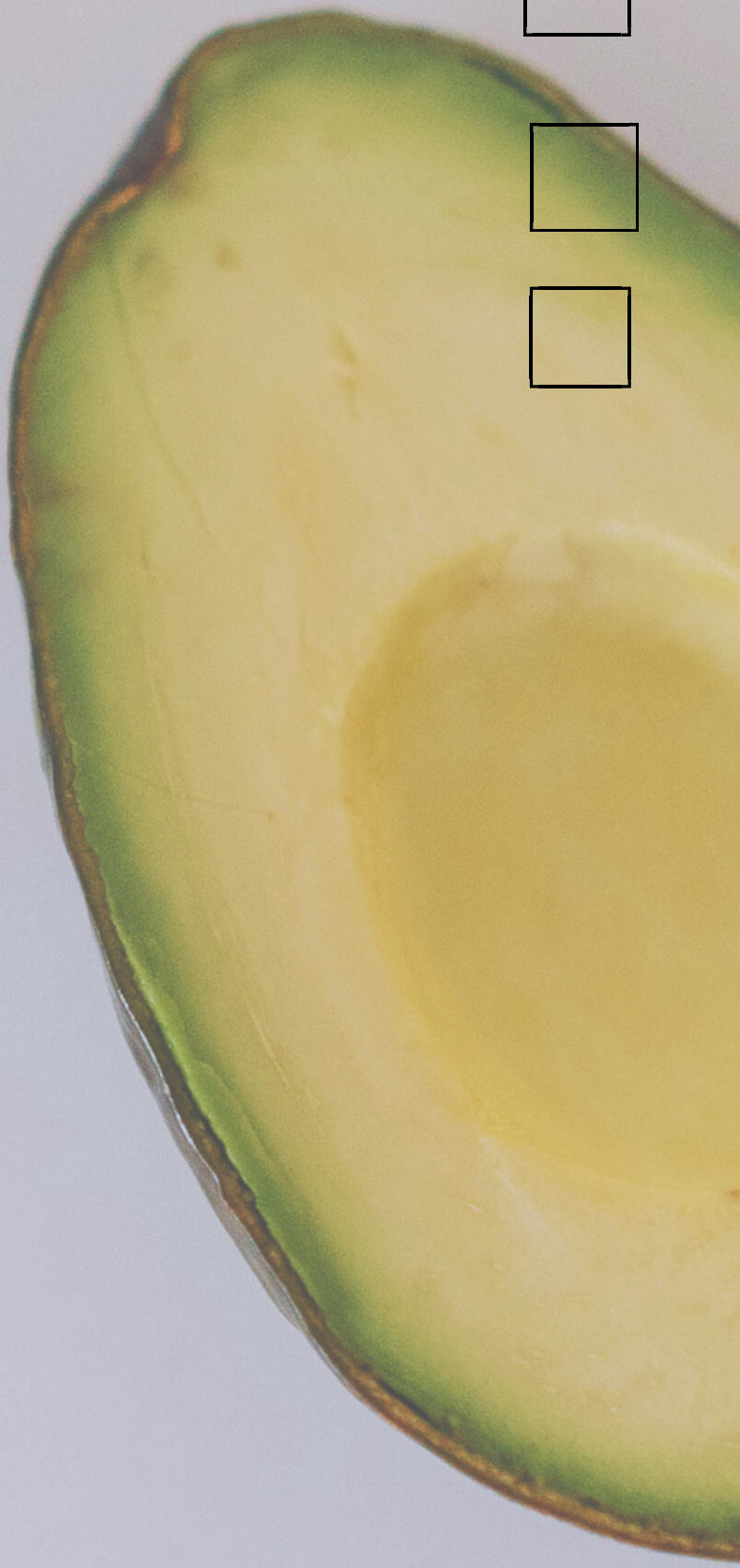
Rx AM Oat Cup

Q'ia Oatmeal Packets

Purely Elizabeth Granola

One Degree Organic Oats

Stellar Eats, Birch Benders
Pancake Mixes



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Grocery List



Holy Guacamole individual
serving cups

Kirland, Neal Brothers, Siete
Salsa

The New Primal, Primal Kitchen
dressings and marinades

Wild Brine or Farm Boy
Sauerkraut, fermented foods

Chosen Foods Avocado Oil
Mayo and Sauces

Kettle and Fire or Farm Boy
Bone Broth

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Grocery List

Bare Apple Chips

Siete Tortilla Chips, Wraps

Mary's Crackers

Terra Foods Plantain Chips,
Hardbite Chips cooked in
avocado oil

Lundberg Rice and Rice Cake
Product

Food For Life Ezekiel Bread
Products

Y&Y, Lotus Foods, Jovial Foods
Gluten Free Pasta

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Grocery List

Redmond Real Salt, Mason

Orphee Grey Salt, Selina Natural
Grey Salt

Herbamare Seasoning

Siete Taco Seasoning

Kanel Seasoning

Flavor God Seasonings

Good Good Jams

Lakanto Natural Monk Fruit
Sweetener, NOW liquid Monk
Fruit

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Grocery List

Zevia Stevia Sweetened Soda

Rise 1g Sugar Kombucha

La Croix, Aha, Spindrift Bubly
Sparkling Water

Aura Bora Sparkling Beverages

Cha's Organic Coconut Milk

Rishi, Celestial Traditions Tea

Four Sigmatic, Organic
Traditions Mushroom Coffee

Blume Drink Mixes

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