

Grocery List

Oikos Triple O yogurt

Ezekiel brand breads & cereals – they even have English muffins

WASA brand crackers

Berries

Eggs – farm fresh are the best!

Applegate brand sausages (OMG, so good!)

Pancakes made from oats

Veggies – eat them in season to save. Local farmer's markets are the awesome.

Lily's brand chocolate

Dreamfields brand pasta

Meat & seafood – we try to do local, lean and grass fed. Laura's beef is a great brand

Almond milk – we love Califia Farms brand

Fairlife brand milk

Breyer's Carb Smart ice cream

Nuts – my family loves nuts, especially almonds and cashews

Baked blue corn chips

Mission brand low carb wraps (we use these for roll ups in place of sandwiches and for taco Tuesday)

Kerry's Gold brand butter

Sour cream – yep, the real stuff

Cheese – the real stuff, but nothing processed

Oils – I use mostly coconut and olive oil

Lots of herbs and spices. Don't think your kids won't like them, mine want everything seasoned now.

Quest brand protein bars – great after a run or workout

Lesser Evil brand popcorn – found on Amazon

Bai 5 brand drinks

Vitamin Water Zero

