

Bella Grace Wellness

GROCERY LIST ESSENTIALS

Produce

Arugula
Asparagus
Apples
Basil
Beets
Bell Peppers
Blueberries
Bok Choy
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cherries
Cauliflower
Collard Greens
Dates
Eggplant
Garlic
Grapefruits
Kale
Lettuce
Leeks
Limes
Lemons

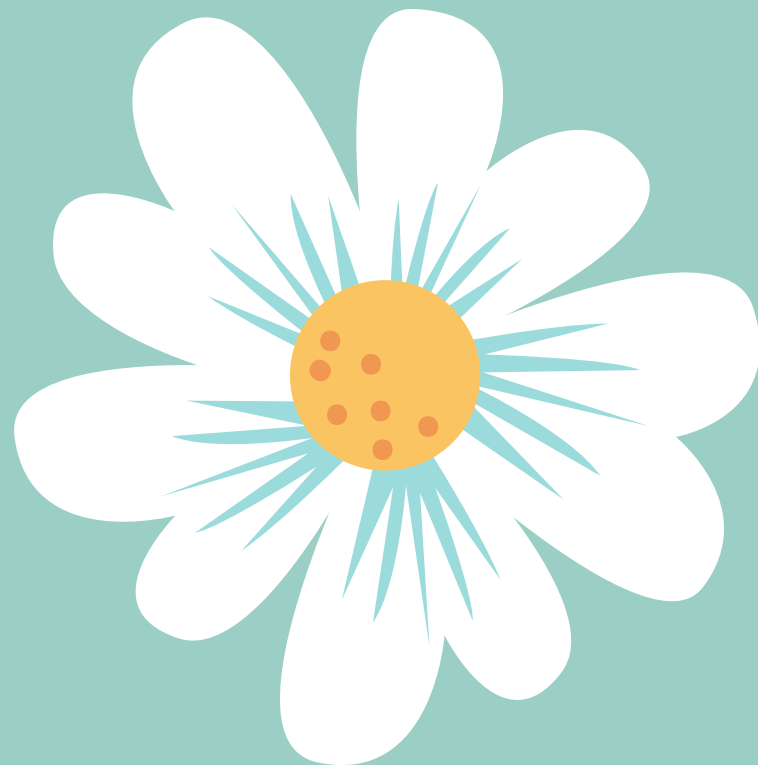
Mint
Mushrooms
Nectarines
Okra
Onion
Oregano
Peaches
Prunes
Raspberries
Rosemary
Spinach
Strawberries
Spaghetti Squash
Swiss Chard
Tomatoes
Thyme
Zucchini

There are so many more delicious vegetables, fruits and herbs that you can add to your meals. These are just some of my favorites!

Meats

Organic Chicken (Breasts, Thighs)
Grass-Fed Beef, Bison, Lamb
Wild Caught Fish
Uncured, Organic Bacon (Nitrate-Free)

Look for pastured, grass-fed and organic meats. Avoid all factory farmed and processed meats. Look for added "flavors", MSG, sugar and carrageenan.



Fats

Avocados
Full-fat Coconut Milk
Coconut Oil
Avocado Oil
Extra-Virgin Olive Oil
Raw Nuts
Nut Butter
Olives

Condiments

Apple Cider Vinegar
Mustard
Primal Kitchen Avocado Oil Mayo
Primal Kitchen Greek Vinaigrette
Coconut Aminos
Fish Sauce
Sauerkraut
Kimchi

Dairy

Pasture-Raised, Organic & Cage-Free
Eggs
If you can tolerate it:
Grass-Fed Butter (Kerrigold)
Organic Ghee
Raw Milk Products

Extras

Almond Flour
Arrowroot Starch
Ancient Nutrition Bone Broth Protein Powder
Bubbies Pickles
Canned Sardines
Coconut Flour
Coconut Cult Yoghurt
Dang Coconut Chips
Dang Onion Chips
Eating Evolved Keto Cups
Epic Bars
Exo Protein Bars
Four Sigmatic Reishi Mushroom Hot Cacao
GoRaw Coconut Chips
Grain-Free Granola
Hail Merry Miracle Tarts
Hu Paleo Chocolate
Living Intention's Activated Superfood Nut Blend
Larabars
Manuka Honey
New Barn Nut Milk
Nut Butter Snack Sachets
Parker's Real Maple Syrup
Pork Rinds
Plantain Chips
Sea Snax
Siete's Grain-Free Tortilla Chips
Siete's Grain-Free Tortillas
Vital Farms Collagen Peptides
Wholly Guacamole
100% Dark Chocolate

Check out all the homemade snack ideas over at bellagracewellness.com. It's often much cheaper and healthier to make your own!