



**TRADITIONAL
+
REAL FOODS**

**PANTRY

GUIDE**

Madeline **Nutrition**

FATS

[Native Organic Virgin Coconut Oil](#)

[Purity Farms Organic Ghee](#)

Extra Virgin Olive Oil from [Ojai Olive Oil Co.](#) or [Il Fustino](#) (These are local brands for me; check your local farmer's market for something similar!)

* [Fatworks Foods Pure Lard](#)

[La Tourangelle Avocado Oil](#)

* [Kerrygold Butter](#)

SWEETENERS

[Big Tree Farms Organic Coconut Sugar](#)

Local Raw Honey is my first choice; second choice is an organic raw honey such as [THIS](#) one

* [Trader Joe's Organic Liquid Stevia \(extract\)](#)

[Lundberg Farms Organic Sweet Dreams Brown Rice Syrup](#)

* 100% Pure Grade B Maple Syrup, usually from Trader Joe's (Grade B is typically higher in minerals than Grade A)

* [Wholesome Sweeteners Organic Molasses](#)

* [Woodstock Organic Medjool Dates](#)

DIPS, DRESSINGS, CONDIMENTS, ETC.

* [Primal Kitchen Avocado Oil Mayo](#)

* [Organicville Dijon Mustard](#)

* [Cucina Antica Organic Tomato Ketchup](#)

* [Majestic Organic Sprouted Hummus](#) (I purchase at Whole Foods)

[Petrini's Italian Salad Dressing](#) (a local favorite, but sold online — no sugar and only pure olive oil used!)

* [Tessemae's Whole30 Dressings and Marinades](#)

* [Red Boat Fish Sauce](#) (also now available at Trader Joe's)

* [San J International Organic Tamari](#) (gluten-free soy sauce)

* [Coconut Secret Organic Raw Coconut Aminos](#) (gluten-free, soy-free soy sauce alternative)

* [Bragg Apple Organic Cider Vinegar, Raw and Unfiltered](#)

Balsamic Vinegar

White and Red Wine Vinegars

SPICES

[Real Salt](#)

[Bragg Nutritional Yeast Seasoning](#) (so good on organic popcorn, or an omelet!)

[Herbamare Seasoning](#) (it's like salt, veggie flavor and herbs all in one!)

Organic spices from brands like Simply Organic, Primal Palate or Frontier — the spices I use the most frequently are pure garlic powder, red chili pepper flakes, turmeric, ginger, cinnamon, basil, oregano, rosemary and curry powder.

MILK ALTERNATIVES

* [Native Forest Organic Coconut Milk](#)

* [Native Forest Organic Unsweetened Coconut Cream](#)

* [Pacific Foods Organic Unsweetened Vanilla Almond Milk](#)

BAKING EXTRAS

* [Bob's Red Mill Shredded Coconut, Unsweetened](#)

[SunSpire Organic Fair Trade 65% Cacao Bittersweet Baking Chips](#)

[Bob's Red Mill Whole Grain Oat Flour](#)

[Bob's Red Mill Gluten-Free All-Purpose Baking Flour](#)

[Bob's Red Mill Almond Meal/Flour](#)

* [Cultures for Health Sourdough Starter](#)

[Bob's Red Mill Baking Soda](#)

Aluminum-Free Baking Powder

GRAINS & LEGUMES

Note: Sprouted is always best! ...or soak and sprout your own at home.

[Bob's Red Mill Organic Rolled Oats](#) or organic old-fashioned oats from TJ's

Brown rice pasta from TJ's

Organic rices, quinoa and millet from the bulk foods bins at Whole Foods

Organic varieties of dried beans from the bulk foods bins at Whole Foods

[Eden Organic](#) canned beans (BPA-free lining!)

NUTS & SEEDS

- * [Nutiva Organic Black Chia Seeds](#)
- * Raw Creamy Almond Butter from Trader Joe's or Costco
- * [Once Again Organic Sesame Tahini](#)
- * [Once Again Organic Sunflower Seed Butter](#)
- * Raw organic almonds, pumpkin seeds, cashews, pecans, walnuts, etc. from the bulk foods bins at Whole Foods

SUPPLEMENTS

- * [Green Pastures brand Blue Ice Royal Butter Oil + Fermented Cod Liver Oil Blend](#)
[Pure Encapsulations brand Nutrient 950 w/ Vitamin K](#) (I usually recommend a whole foods diet over a multivitamin, but this is a good one if you need to supplement.)
- * [Bio-Kult Advanced Probiotic Multi-Strain Formula Capsules](#)
or [Hyperbiotics](#) (10% off Hyperbiotics with [THIS](#) link!)
- * [ConcenTrace Trace Mineral Drops](#) (I drop them in a glass of water to remineralize; also helpful to feed kefir grains!)

SUPERFOODS

* [Navitas Naturals Organic Cacao Powder](#)

* [Arrowhead Mills Ground Flax Seed](#)

* [Andean Power Maca Blend](#)

* [Mattole Valley Naturals Vanilla Whey Protein Powder No. 1](#)

* [Philosophie Superfoods](#)

[Great Lakes Gelatin, Collagen Hydrolysate](#)

[Organic India Whole Husk Psyllium](#) (excellent natural fiber supplement!)

FROZEN

[Bonafide Provisions Bone Broth](#)

[Applegate Chicken Breakfast Sausage](#)

Frozen Organic Fruit

Frozen Organic Veggies

SNACKS

- * [Bubbies](#) kosher dill pickles and old-fashioned sauerkraut
- * Delicious fermented veggies from [Firefly Kitchens](#) or [Wildly Fermented](#)
- [Organic Dried Mango](#)
- Freeze-Dried Apples from Trader Joe's
- [Krave Beef Jerky](#)
- [That's It! Dried Fruit Bars](#)
- [Lara Bars](#)
- [Lundberg Farms Brown Rice Cakes](#)
- [gimMe Organic Roasted Seaweed Snack](#) or similar from Trader Joe's

COFFEE SUBSTITUTES

- [Organic India Tulsi Lemon Ginger Tea](#)
- [Teecino Herbal Coffee Alternative](#)
- [Teecino Herbal Coffee Tee-Bags](#)
- [Four Sigmatic Foods Mushroom Hot Cacao Mix](#)
- [Blue Lotus Chai](#)
- Teas by Traditional Medicinals

*DAIRY

I am a huge fan of [Organic Pastures California Raw Milk Dairy](#); you can look on their website to check where their products are sold near you if you're in California. For those outside of California, visit realmilk.com to search for a trusted raw dairy provider near you.

Depending on the week, you might find Organic Pastures' kefir, cheese, cream or milk in my fridge. It's nutrient-dense and often easier to digest for some because its natural enzymes are still intact.

The majority of the dairy I consume is cultured, making it much easier to digest and very beneficial to your gut flora and overall health. In my fridge I typically stock up on [Wallaby Organic Cultured Sour cream](#) and [Maple Hill Creamery Plain Yogurt](#) — it's organic, full-fat and grass-fed.

Trader Joe's also now carries an organic, grass-fed, whole milk yogurt as well, for likely half the cost of others. TJ's is also a great place to stock up on raw cheeses as well — try to find those that are imported from Europe for highest quality.

MISCELLANEOUS

[Wild Planet Non-GMO Wild Albacore Tuna](#)

[Hatch Mild Green Chilis](#)

[Bionature Organic Tomato Paste](#)

[Jovial Organic Diced Tomatoes](#)

* [Westbrae Organic Mellow White Miso](#)

[Pacific Foods Organic Chicken Bone Stock](#)

[Santa Cruz, 100% Organic Lime Juice](#)

[Santa Cruz, 100% Organic Lemon Juice](#)

[Dynamic Health 100% Pure Organic Tart Cherry Juice Concentrate](#)

* Items I store in the fridge.

* Items I refrigerate once opened.

I promised to direct you with live links to the best prices for these favorite products of mine. A few links go to Amazon, a few go to the specific brand's online stores, but most go to [Thrive Market](#). Thrive Market offers best-selling natural and organic products that you'd find at a place like Whole Foods, but at wholesale prices through a \$60/year membership. And you *don't* have to buy anything in bulk. It's like Costco meets your favorite health food store online, and for every paid membership, Thrive donates one membership to a low-income American family. On average I save about 35% per product, although usually it's a higher discount than that. *Disclaimer: No, this Pantry Guide is not sponsored by Thrive, but I am part of their brilliant affiliate program.*