

Real Food Pantry Guide

Protein	Recommended Brand
Beef and Lamb, grass fed	
Chicken and Pork and Turkey, organic	
Eggs, pastured	Vital Farms
Salmon, wild caught, fresh	
Salmon, wild caught, canned	Wild Planet
Sardines, canned	Wild Planet
Tuna, canned	Wild Planet
Deli Meat	Applegate Organics & Fork in the Road
Sausages	Applegate Organics
Bacon	Applegate Organics & Nieman Ranch
Beans, canned	Eden Organics
Yogurt, organic & full fat	San Benoit & Strauss
Cottage Cheese, organic	Nancy's & Kalona Supernatural
Protein Powder	Vega One Energizing Smoothie or Nutiva Hemp Protein
Fruit & Vegetables	Recommended Brand
Vegetables, organic, fresh or frozen	
Fruit, organic, fresh or frozen	
Pumpkin, canned	Farmer's Market
Sweet Potato, canned	Farmer's Market
Butternut Squash, canned	Farmer's Market
Tomatoes, canned or jarred	Bionaturae, Eden Organic, Muir Glen
Whole Grains	Recommended Brand
Brown Rice	
Brown Rice Wraps	
Buckwheat noodles	
Corn Tortillas	
Polenta	
Quinoa	
Rice noodles	
Sprouted Whole Grain Bread & Wraps	Ezekial Food For Life & Alvarado Street Bakery
Steel Cut Oats	

Real Food Pantry Guide

Beverages	Recommended Brand
Mineral water	San Pellegrino
Coconut Water	
Coconut Milk	So Delicious in box or Native Forest in can
Almond Milk	Pacific
Tea	Traditional Medicinals, Organic India, Yogi
100% juices (mix with mineral water)	RW Knudsen
Kombucha (6 grams or less of sugar)	
Condiments	Recommended Brand
Butter, grass fed or organic	
Ghee, Purity Farms	
Extra Virgin Olive Oil	
Coconut Oil	
Sesame Oil	
Balsamic Vinegar	Bionaturae
Apple Cider Vinegar, raw & unfiltered	Bragg's
Vinegars, red, white, champagne	
Honey, organic & raw	
Maple Syrup, organic & grade B	
Coconut Aminos (soy sauce alternative, soy & gluten free)	
Tamari (gluten free soy sauce)	
Mustards (check ingredients for sugar)	
Sun Dried Tomatoes	
Artichokes, jarred or canned	
Broth in a box	Imagine
Salt	Redmond Real Salt & Himalayan Pink Salt
Spices & Herbs, dried	
Nutritional Yeast	
Dressings, Marinade, and Sauces	Tessemae's
Dips & Spreads (always check ingredient labels for added sugars and oils other than olive oil)	Recommended Brand
Nut Butters (just nuts, maybe salt, no added oils)	Artisana, Justin's, Maranatha
Hummus	Haigs, Marin Gourmet, Athenos, Lily's
Pesto, Tapenade	
Guacamole, Salsa	

Angela Ross, Nutrition & Wellness Coach

www.sfwholebodybalance.com ▪ Phone: 415-218-7689 ▪ sfwholebodybalance@gmail.com

Real Food Pantry Guide

Snacks	Recommended Brand
Raw nuts (almonds, walnuts, pecans, pine, macadamia, brazil, hazel, pistachios, cashews)	
Raw seeds (chia, hemp, flax, sunflower, pumpkin, sesame)	
Olives	
Raw sauerkraut	Farmhouse Culture & Bubbies
Kim Chi	
Pickles	Grillo's & Bubbies
Applesauce	Santa Cruz Organic
Seaweed (olive oil only)	Eden & Seasnax
Bars	Larabars, Kit's Organic, Go Raw
Jerky	Tanka Bars & Epic Bars
Crackers	Mary's Gluten Free, Ak Mak, Edward & Sons Rice Crackers
Sweet & Savory Treats	Recommended Brand
Kale Chips	
Potato Chips made with Olive Oil or Avocado Oil	Boulder Canyon
Dark Chocolate (70% or higher)	Theo Pure, Equal Exchange
Macarons	Hail Merry, Wonderfully Raw