

# Shopping List



*This list contains my top picks of items from Natural Grocers often used in recipes featured on [TheTexasPeach.com](http://TheTexasPeach.com).  
This list doesn't include all items available at Natural Grocers. This guide is not affiliated with Natural Grocers.*

## Pantry Staples

### Baking

- ❑ Baking Powder: Rumford Aluminum-Free
- ❑ All-Purpose Einkorn Flour: Jovial Foods
- ❑ Coconut Sugar: Madhava
- ❑ Honey: Nature Nate's Raw & Unfiltered
- ❑ Chocolate Chips: Enjoy Life

### Canned Goods

- ❑ Tomatoes: Muir Glen (all varieties)
- ❑ Tomato Products in glass jars: Bionaturae  
Tomato paste & strained tomatoes
- ❑ Cooked Beans: Westbrae Natural, Eden Organic
- ❑ Tuna: Wild Planet, Crown Prince
- ❑ Salmon: Crown Prince Pink Salmon, Wild Planet Sockeye Salmon
- ❑ Sardines: Wild Planet
- ❑ Chicken Broth or Bone Broth: Pacific Foods

### Spices & Herbs

- ❑ Salt: Redmond Real Salt
- ❑ Variety of bulk spices & herbs

### Vinegars

- ❑ Apple Cider Vinegar: Bragg's
- ❑ Red Wine Vinegar: Eden Organic

### Condiments & Olives

- ❑ Mayo: Sir Kensington's
- ❑ Olives: Mediterranean Organic

### Pasta, Rice, Grains, Dried Beans

- ❑ Pasta: Jovial Foods Brown Rice Pasta, Tinkyáda Brown Rice Pasta, Montebello Organic
- ❑ Basmati Rice: Lundberg Farms
- ❑ Sprouted Quinoa: TruRoots
- ❑ Sprouted Green Lentils: TruRoots
- ❑ Bulk bags of all other dried beans

### Miscellaneous

- ❑ Crackers: Mary's Gone Crackers
- ❑ Chips: Jackson's Honest

## Refrigerated

### Dairy & Eggs

- ❑ Whole Milk Cottage Cheese: Kalona Supernatural
- ❑ Whole Milk Sour Cream: Kalona Supernatural
- ❑ Yogurt: Maple Hill Creamery (Greek & Regular)
- ❑ Cheese: Rumiano, Organic Valley
- ❑ Eggs: Coyote Creek Farm Soy Free (Jeremiah Cunningham's "World's Best Eggs"), Alfresco Farms, Organic Valley

## *Miscellaneous*

- ❑ *Organic Corn Tortillas: Buenatural*
- ❑ *Sauerkraut: Farmhouse Culture*

## *Meat*

- ❑ *Sausage: Teton Waters Ranch (all varieties)*
- ❑ *100% Grass-fed ground beef: Teton Waters Ranch*
- ❑ *Bacon: Pederson Farms Hickory Smoked (no sugar added), Applegate Farms*
- ❑ *Lunch Meat: Applegate Farms Organic or Natural*

## *Frozen*

### *Seafood*

- ❑ *Orca Bay, Henry & Lisa's*

### *Vegetables & Fruit*

- ❑ *Cascadian Farm (all varieties)*

## *Produce*

- ❑ *All produce is organic, so whatever looks good that day*