



Amanda's Favorite Products and Brands

I do the majority of my shopping at Dierbergs, Trader Joes, Whole Foods, and online at Vitacost or Amazon. I do however get products from other places. **There are many other compliant brands**, but these are a few of my favorites. If you're having difficulty finding a compliant product at your grocery store you can try one of these.

This document contains affiliate links. I may earn a small commission if you complete a purchase through one of these links, at no additional cost to you.

[Primal Kitchen Foods](#) – Use code NF10 for 10% off

[Siete Foods](#) - Use code AMANDA25 for 25% off

Meat/Fish/Eggs

- Deli meat - Applegate Farms (<1g sugar)
- Bacon – Applegate Farms (<1g sugar)
- Sausage – Bilinskis, Applegate, BratHans, Aidells, Trader Joes, Texas Smokehouse – Check the labels for added sugar or non-compliant fruit (<1g sugar)
- Canned Tuna – [Safe Catch](#), [Wild Planet](#), [Crown Prince](#), or any brand without soy
- Sardines – [Wild Planet](#), [Crown Prince](#), or any brand without soy
- Eggs – Ben Roberts, Born Free, Vital Farms, or other organic, pasture-raised eggs
- Pork Belly - Trader Joe's

Dairy or Non-Dairy Options

- Coconut yogurt - CocoYo (unsweetened plain)
- Yogurt - Siggi's, Maple Hill (4%, plain) L1 & L2
- Almond Milk - Trader Joes (find it in the refrigerated section)
- Coconut Milk - [Native Forest](#), [Trader Joes](#), 365 (Whole Foods), [Thai Kitchen](#) (canned, full-fat, avoid carrageenan)
- Coconut Cream - [Trader Joes](#) (canned, full-fat)
- Non-dairy Coffee Creamer - [NutPods](#) (unsweetened)
- Butter – [Kerrygold](#) (grass-fed)
- Cheese – [Kerrygold](#) (raw, grass-fed)
- Cheese Wraps - Folios
- Oven-Baked Cheese Bites - Trader Joe's

Amanda Dane, NTP

amanda@nourishingfundamentals.com

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Fermented Foods and Drinks

****found in the refrigerator section****

- Pickles - Bubbies
- Sauerkraut – [Bubbies](#)
- Kombucha – [GT's](#), Health-Ade (look for <6g of sugar per 8oz serving)

Fats & Oils

- Extra Virgin Olive Oil – [Villa Cappelletti](#), Kasandrinos
- Avocado Oil – [Primal Kitchen](#), Kasandrinos
- Coconut Oil – [Healthy Traditions](#), Trader Joes
- Palm Oil – [Nutiva](#)
- Ghee - [4th & Heart](#), [Organic Valley](#), [TinStar Foods](#)

Nuts / Nut/Seed Butters / Seeds

****All dry roasted nuts and seeds and nut/seed butters are allowed on 21DSD. Check your labels to avoid added sugars and nuts roasted in highly processed oils.**

- Peanut Butter – Trader Joes, Santa Cruz, Woodstock
- Almond Butter – Trader Joes
- Seed Butters – Sunbutter
- Tahini – Wild Harvest
- Hemp Seeds – Manitoba Harvest, Trader Joes (great source of protein)
- Raw nuts/seeds – Trader Joes (great price)

Sauces / Dressings / Condiments

- Mayo – [Primal Kitchen](#), [Sir Kensington's Avocado Oil Mayo \(no egg white\)](#), Chosen Foods
- Coconut Aminos – [Coconut Secret](#)
- Salad Dressing – [Primal Kitchen](#)
- Ketchup – [Primal Kitchen](#)
- BBQ Sauce – [Primal Kitchen](#)
- Tomato Sauce – [Primal Kitchen](#), [Rao's](#)
- Marinara - [Rao's](#), [Barilla Vero Gusto](#)
- Hot Sauce – Frank's
- Apple Cider Vinegar – Bragg's
- Balsamic Vinegar – [Kasandrinos](#)
- Guacamole – Wholly Guacamole
- Fish Sauce – [Red Boat](#)
- Hummus - The Hummus Guy

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Pantry Items

- Almond Flour – [Bob's Red Mill](#)
- Cassava Flour – [Otto's](#)
- Coconut Flour – [Bob's Red Mill](#)
- Cocoa/Cacao Powder – [Equal Exchange](#), Navitas
- Vanilla – [Simply Organic](#)
- Coconut Flakes – Trader Joes (unsweetened)
- Coconut Wraps – NUCO

Refrigerated/Frozen Foods

- Riced cauliflower – Trader Joes, Green Giant
- [Balanced Bites Meals](#)
- Grain-Free Tortillas - [Siete Foods](#) (may be refrigerated or frozen)
- Egg Wraps with Cauliflower - Crepini
- Cheese Wraps - Folios
- Jicama Wraps - Trader Joe's

Beverages

- Matcha Tea – [Four Sigmatic](#)
- Kombucha – GT's, Health Ade (look for <6g of sugar per 8oz serving)
- Tea – Traditional Medicinals
- Coconut Water – Wild Harvest, 365, C2O
- Coffee – [Chameleon Cold Brew](#), [Four Sigmatic](#)

Snacks

- Jerky – [Chomps](#), [FBomb](#), [Epic Bars](#) (no sweeteners added)
- Nut Butters – [Fbomb](#), Justin's (classic)
- Pork Rinds – [Epic](#)
- Toasted Coconut Flakes – [Dang](#) (unsweetened)
- Crackers - [Mary's Gone Crackers](#), [Jilz Crackers](#)
- Cheese Crisps – [Fbomb](#), Whisps
- Seaweed Snacks – [Sea Snax](#)
- Chocolate – [Montezuma's 100%](#)
- Pickled Veggies - Oh Snap! Pickles (Sassy Bites are not compliant)
- Hummus - The Hummus Guy
- Olives - Trader Joe's has single serving packs

Supplements

- Collagen Peptides – [Vital Proteins](#)
- Gelatin – [Vital Proteins](#)

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