

Real Food Shopping List



This list is based on my top food picks from Meijer, based on the [Live Simply real food definition](#). This list doesn't represent all the food options available at Meijer. This guide isn't affiliated with Meijer

BAKING/COOKING STAPLES

Sweeteners:

- ❑ Organic cane sugar: Meijer Organics
- ❑ Honey: Sleeping Bear Raw Honey (This was local to MI - look for local raw if possible!)
- ❑ Maple syrup: Meijer Organics (NOT the "naturally" flavored ones like maple praline - these are fake flavors with added sweeteners!)

Flours:

- ❑ Almond flour: Bob's Red Mill
- ❑ Coconut flour: Bob's Red Mill
- ❑ White rice flour: Bob's Red Mill
- ❑ Brown Rice flour: Bob's Red Mill
- ❑ Sorghum flour: Bob's Red Mill
- ❑ Teff flour: Bob's Red Mill
- ❑ Corn flour/Cornmeal: Bob's Red Mill
- ❑ Pancake, Pizza, & All Purpose Mixes (Gluten-free): Bob's Red Mill & Pamela's
- ❑ Whole wheat flour: Hodgson Mill, King Arthur, Meijer Naturals (Non- GMO certified)

Oils:

- ❑ Olive oil-(I have not checked into this olive oil - just be mindful that some olive oils are "cut" with cheaper oils - if your olive oil gets solid in the refrigerator than it is most likely real - you can call the company as well).
- ❑ Coconut oil: Nature's Way

Vinegars:

- ❑ Apple cider vinegar: Raw Bragg's or distilled Meijer ACV for hair care
- ❑ White distilled vinegar, Meijer for cleaning
- ❑ Red wine vinegar: various including organic (read label)
- ❑ White wine vinegar: various including organic (read label)
- ❑ Balsamic vinegar: various including organic (read label)

Spices:

- ❑ Various bottles: Meijer brand organic & Simply Organic
- ❑ Sea Salt: various pink, Himalayan and Real Salt brand

Grains, Rice, Pasta:

- ❑ Quinoa: Meijer Naturals and Ancient Harvest
- ❑ Rice: Meijer Organics
- ❑ Pasta: Meijer Organics & Meijer Naturals (not organic but GMO-free label) elbow, penne, spaghetti, lasagna. Tinkyada brown rice pasta
- ❑ Dried Beans: Meijer Organics brand and Meijer Naturals (not organic but GMO-free label), various kinds

Misc.:

- ❑ Baking powder: Aluminum-Free Rumford
- ❑ Baking soda: Arm & Hammer and Meijer
- ❑ Unsweetened coconut flakes: Let's Go Organic
- ❑ Coconut milk (canned): Thai Kitchen

- ❑ Unsweetened applesauce
- ❑ Unsweetened cocoa powder: Hershey's and Meijer
- ❑ Rolled oats (gluten-free): Bob's Red Mill and Meijer Naturals
- ❑ Crushed/diced tomatoes & tomato sauce: Meijer Organics brand & Meijer Naturals (not organic but GMO-free label), Muir Glen
- ❑ Tomato paste: Meijer Organics & Meijer Naturals
- ❑ Cooked beans: Meijer Organics & Meijer Naturals (canned)
- ❑ Chocolate Chips: Enjoy Life
- ❑ Chia seeds: Bob's Red Mill & Barlean's
- ❑ Flax meal/seeds: Bob's Red Mill & Barlean's
- ❑ Nuts: Bulk section in produce, various kinds including organic raw
- ❑ Pure vanilla extract (if not making homemade): Meijer Organics & Simply
- ❑ Natural Olives: (watch ingredients!) Lindsey naturals are non-GMO and just sea salt, olives, and water!

CONDIMENTS

Misc.:

- ❑ Ketchup: Meijer Organics & Annie's
- ❑ Mustard: Meijer Organics regular, spicy, & dijon & Annie's
- ❑ Organic Mayonnaise: Just Mayo (This brand isn't super clean, but it's the best I can find at Meijer.)
- ❑ Raw almond butter: Maranatha & Justin's
- ❑ Organic peanut butter: Smucker's Natural or Organic, Maranatha organic, Once Again Organic
- ❑ Jam: "True Goodness Organic" (says by Meijer) strawberry and raspberry
- ❑ Sunflower Seed Butter: Once Again Organic
- ❑ Pickles: McClure's pickles (local to MI - look for local and check ingredients!), Meijer Organics - watch the sugar.

MEAT, DAIRY AND EGGS

Meat/Seafood:

- ❑ Grass-fed beef: Laura's Grass-fed ground beef
- ❑ Organic whole chicken: Smart Chicken
- ❑ Fresh fish: Delivered 6 times per week - various kinds

depending on region. Look for wild caught on the label.

- ❑ Tuna (canned): Wild Planet Tuna
- ❑ Salmon (canned): Wild Planet Salmon

Dairy:

- ❑ Butter: Grass-fed Kerrygold or Meijer Organics
- ❑ Yogurt: Stonyfield whole plain yogurt - flavor with pureed fruit, honey, or maple syrup
- ❑ Cheese: Grass-fed Kerrygold (various flavors), Heini's Raw Cheddar (look in the specialty cheese section by the deli for raw cheese locally), Meijer Organics, various kinds of block and a string cheese

Eggs:

- ❑ Pastured eggs: The Happy Egg Co.

PREPARED FOODS

Cereal/Granola:

- ❑ Granola: Select Bear Naked, Cascadian Farms (read ingredient list)

Snacks:

- ❑ Snack bars: Lara Bars
- ❑ Fruit leather, Fruit Squeezes, & Fruit Snacks: Meijer Naturals
- ❑ Rice chips: Lundberg
- ❑ Canned Fruit: Meijer Brand Organic pears, peaches - Some of them are just packed in water which is good. There are a few packed in extra sugar/syrup-avoid those.
- ❑ Crackers: Meijer Naturals, various Gluten-free in the gluten-free section just-check the ingredients.
- ❑ Chips (Non-GMO) - there were a few other non-GMO labeled - just check the labels.

Treats:

- ❑ So Delicious Coconut Ice Cream (Dairy-Free)
- ❑ Chocolate: Alter Eco fair trade chocolate bars

BEVERAGES

Coffee and Tea:

- ❑ Coffee, Meijer Organics

- ❑ Tea bags: Traditional Medicinals, Yogi

Misc.:

- ❑ Suja Vegetable Juice, produce department
- ❑ GT's Synergy Kombucha, various flavors
- ❑ Plain coconut water, various
- ❑ Juice: Meijer Organics & True Goodness Organics grape juice, apple juice, and lemonade. Also Back To Nature 100% juice boxes. (Look for 100% juice)

PRODUCE

Organic and Conventional:

- ❑ Boxed & bulk leafy greens
- ❑ Various produce items (when in season look for "local" signs!): peppers, cucumbers, avocados, apples, lemons, berries, mushrooms, peaches, grapes, tomatoes, potatoes, fresh herbs, onions, etc

Frozen:

- ❑ Fruit: Meijer Organics brand peaches, berries
- ❑ Veggies: Meijer Organics brand peas, veggie combo, green beans, corn, spinach
- ❑ Shop according to the "Buy Organic" list, if possible. Meijer provides LOCAL produce as the seasons change - look for the local signs above the produce!

NON-FOOD

Bath/Body:

- ❑ Witch hazel: T.N. Dickinson's
- ❑ Rubbing alcohol: Meijer
- ❑ Hydrogen peroxide: Meijer
- ❑ Epsom salt: Meijer brand and Dr. Teals (be careful of the Dr. Teals liquid foaming bath - just get the epsom salts - the foaming bath ingredients weren't great)
- ❑ Toothpaste: Tom's both adult flavors and children's
- ❑ Deodorant: Tom's, various kinds
- ❑ Natural remedies: various Hyland's brand from herbal cold & cough syrup to teething remedies. Various Nature's Way brand herbals and home remedies -activated charcoal for flu/stomach upset, etc.

Household:

- ❑ Laundry: Seventh Generation, Mrs. Meyer's, & Ecowise (Meijer's eco safe brand)
- ❑ Cleaning: Seventh Generation, Mrs. Meyer's, & Ecowise (Meijer's eco safe brand)

Garden/Canning:

- ❑ Ball canning supplies- great for food storage and DIYs
- ❑ Burpee organic seeds
- ❑ Check the soil section - there are always 1-2 brands that are organic along with organic fertilizers.