

Real Food Shopping List

Publix®

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

BAKING/COOKING STAPLES

Sweeteners:

- ❑ Organic white sugar: Wholesome Sweeteners
- ❑ Coconut sugar: Madhava
- ❑ Pure maple syrup: various-read the ingredient list

Flours:

- ❑ Almond flour: Bob's Red Mill
- ❑ Coconut flour: Bob's Red Mill
- ❑ Whole wheat flour: King Arthur, Arrowhead Mills
- ❑ Some speciality flours: gluten and gluten-free

Oils:

- ❑ Olive oil: California Olive Ranch, various
- ❑ Coconut oil: Nutiva

Vinegars:

- ❑ Apple cider vinegar: Braggs, Spectrum
- ❑ White distilled vinegar, for cleaning
- ❑ Red wine vinegar
- ❑ White wine vinegar
- ❑ Balsamic vinegar

Spices:

- ❑ Various bottles: Simply Organic, McCormick, Publix
- ❑ Pure vanilla extract: Simply Organic & McCormick- look for pure vanilla without corn syrup, not imitation

Grains, Rice, Pasta:

- ❑ Quinoa: various
- ❑ Rice: various- organic and conventional options

- ❑ Whole wheat pasta: various- read ingredient list
- ❑ Quinoa gluten-free pasta: Ancient Harvest
- ❑ Gluten-free pasta: various-read ingredient list

Misc.:

- ❑ Baking powder: Rumford Aluminum-Free
- ❑ Baking soda: Arm & Hammer, Bob's Red Mill
- ❑ Unsweetened shredded coconut: various
- ❑ Canned coconut milk: various- read ingredient list
- ❑ Rolled oats: Publix & Bob's Red Mill
- ❑ Diced, whole, and strained tomatoes: Greenwise, Muir Glen, Pomi (carton)
- ❑ Tomato sauce (not spaghetti sauce): Muir Glen, Greenwise
- ❑ Tomato paste: Muir Glen, Greenwise
- ❑ Cooked beans: Greenwise
- ❑ Dry beans, various
- ❑ Sea salt, various
- ❑ Nuts: Read the labels- Publix
- ❑ Dried Fruit: Read the labels- Publix
- ❑ Unsweetened cocoa powder: Hersheys, Ghiradelli- some stores may sell an organic option?
- ❑ Dry active yeast, various
- ❑ Chocolate chips: Enjoy Life
- ❑ Tahini: Joyva (to make hummus)

CONDIMENTS

Misc.:

- ❑ Organic ketchup: Annie's, Greenwise
- ❑ Mustard: Annie's, Greenwise
- ❑ Just Mayonnaise: (This isn't super clean, but it's the best I can find at Publix.)
- ❑ Almond butter: Maranatha, various
- ❑ Peanut butter: Smucker's Naturals, Maranatha, \ various
- ❑ Jam, various-read labels
- ❑ Olives: Lindsay, various-read ingredient list
- ❑ Salsa: Greenwise, fresh Publix deli version with a clean ingredient list

MEAT, DAIRY AND EGGS

Meat/Seafood:

- ❑ Grass-fed ground beef: Strauss, White Oak Pastures
- ❑ Whole chicken (and various cuts): Greenwise, Murray's
- ❑ Organic beef and chicken: Greenwise
- ❑ Tuna and salmon (canned): various- look for "sustainably-sourced" or "wild-caught" brands
- ❑ Lunchmeat: Applegate
- ❑ Fresh and frozen seafood- look for "sustainably-sourced" or "wild-caught" brands

Dairy:

- ❑ Butter: Kerrygold (grass-fed), Greenwise
- ❑ Cheese: Kerrygold, Cabot, Tillamook, imported grass-fed options
- ❑ Yogurt: Stonyfield
- ❑ Sour cream: Daisy

Eggs:

- ❑ Greewise Organic

PREPARED FOODS

Cereal:

- ❑ Nature's Path and Barbara's-read ingredient list
- ❑ Granola: Nature's Path, Bear Naked-

Snacks:

- ❑ Dried fruit: Publix-read ingredient list
- ❑ Raisins: Sun-Maid, Publix, Newman's Own Organic
- ❑ Unsweetened organic applesauce: Greenwise

- ❑ Brown rice cakes and chips: Lundberg
- ❑ Corn tortilla chips: Greenwise
- ❑ Annie's Bunny Snacks
- ❑ Squeeze fruit pouches: Go-go Squeeze, Happy Baby

Treats:

- ❑ Ice cream: Talenti, Stonyfield Frozen Yogurt, So Delicious (dairy-free)
- ❑ Squeeze yogurts: Stonyfield Yo-Kids

Bread:

- ❑ Sprouted bread: Ezekial bread- frozen section
- ❑ Gluten-free bread: Rudi's-frozen section

NON-FOOD

Bath/Body:

- ❑ Castile soap: Dr. Bronner's (liquid)
- ❑ Vitamin E oil
- ❑ Hydrogen peroxide
- ❑ Rubbing alcohol
- ❑ Epsom salt
- ❑ Witch hazel
- ❑ Various natural store-bought products-toothpaste, deodorant, etc.

BEVERAGES

Coffee and Tea:

- ❑ Coffee: Peet's is my favorite, a couple organic options
- ❑ Tea bags: various
- ❑ Kombucha: various (produce department)
- ❑ Suja juice (produce department)
- ❑ Silk Unsweetened Almond Milk
- ❑ Sparkling water: Pellegrino

Misc.:

- ❑ Coconut water (near the soda in my store)

PRODUCE

Organic:

- ❑ Various produce items and frozen selection

Conventional:

- ❑ Shop according to the "Buy Organic" list, if possible: large selection