

Real Food Shopping List



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

BAKING/COOKING STAPLES

Sweeteners:

- ❑ Organic white sugar, various
- ❑ Coconut sugar, Simply Balanced
- ❑ Maple syrup grade A, Simply Balanced & Archer Farms

Flours:

- ❑ Almond flour: Bob's Red Mill
- ❑ Coconut flour: Bob's Red Mill
- ❑ Whole wheat flour: various

Oils:

- ❑ Olive oil: California Olive Ranch & Iberia (import)
- ❑ Coconut oil, various

Vinegars:

- ❑ Apple cider vinegar: Bragg's
- ❑ White distilled vinegar, for cleaning
- ❑ Red wine vinegar
- ❑ White wine vinegar
- ❑ Balsamic vinegar

Spices:

- ❑ Various bottles: Simply Organic, Simply Balanced, & Archer Farms
- ❑ Pure vanilla extract: Simply Organic & Rodelle

Grains, Rice, Pasta:

- ❑ Quinoa: Ancient Harvest
- ❑ Rice: various
- ❑ Whole wheat pasta: Simply Balanced

Misc.:

- ❑ Baking powder: Rumford Aluminum-Free
- ❑ Baking soda: Archer Farms & Market Pantry
- ❑ Unsweetened shredded coconut: Let's Do Organic
- ❑ Coconut milk: A Taste of Thai
- ❑ Unsweetened applesauce
- ❑ Unsweetened cocoa powder: Hershey's
- ❑ Rolled oats (regular & gluten-free): Market Pantry & Bob's Red Mill
- ❑ Diced and strained tomatoes: Simply Balanced, Muir Glen, Pomi (carton)
- ❑ Tomato paste: Amore & Muir Glen
- ❑ Cooked beans: Simply Balanced (carton)
- ❑ Dry beans, various
- ❑ Sea salt
- ❑ Chia seeds: Nutiva
- ❑ Hemp hearts: Nutiva
- ❑ Nuts: Read the labels and avoid "soybean oil"-some very clean trail mix options
- ❑ Cacao nibs: Nutiva
- ❑ Dry active yeast, various
- ❑ Chocolate chips: Enjoy Life
- ❑ Tahini: Joyva (to make hummus)

CONDIMENTS

Misc.:

- ❑ Ketchup: Annie's & Simply Balanced
- ❑ Mustard: Annie's (big selection)

- ❑ *Just Mayonnaise: (This isn't super clean, but it's the best I can find at Target.)*
- ❑ *Almond butter: Justin's, Maranatha, Simply Balanced*
- ❑ *Peanut butter: Smucker's Naturals*
- ❑ *Jam, various (read labels)*
- ❑ *Olives: Archer Farms*
- ❑ *Salsa: Simply Balanced Original or Roasted Restaurant-Style*

- ❑ *Annie's Bunny Snacks*
- ❑ *Squeeze fruit pouches: Simply Balanced*
- ❑ *Fruit leather: Simply Balanced*

Treats:

- ❑ *Ice cream: Talenti, Simply Balanced, So Delicious (dairy-free)*
- ❑ *Squeeze yogurts: Stonyfield Yo-Kids*

Bread:

- ❑ *Sprouted bread: Silver Hills (bakery/produce section)*
- ❑ *Gluten-free bread: Canyon (bakery/produce section)*

MEAT, DAIRY AND EGGS

Meat/Seafood:

- ❑ *Grass-fed beef (steaks, roasts, and ground beef): Dakota & Simply Balanced*
- ❑ *Whole chicken (and various cuts): Just Bare*
- ❑ *Tuna and salmon (canned): Wild Planet & Natural Sea*
- ❑ *Wild Alaskan Sockeye Salmon: Simple Seafood*
- ❑ *Grass-fed hot dogs: Applegate & Chiapetti*
- ❑ *Lunch meat: Applegate*

Dairy:

- ❑ *Butter: Kerrygold (grass-fed), Simply Balanced*
- ❑ *Cheese: look near produce for block options- Kerrygold*
- ❑ *Yogurt: Stonyfield (plain whole milk if possible)*
- ❑ *Sour cream: Daisy*

Eggs:

- ❑ *Simply Balanced Cage-Free Eggs*
- ❑ *Vital Farms Pastured Eggs (select stores)*

PREPARED FOODS

Cereal:

- ❑ *Nature's Path Organic Heritage Flakes*
- ❑ *Granola: Nature's Path, 18 Rabbits, Bear Naked (read labels)*

Snacks:

- ❑ *Freeze dried fruit (good selection): Simply Balanced*
- ❑ *Raisins: Sun-Maid, Market Pantry, Simply Balanced*
- ❑ *Unsweetened applesauce*
- ❑ *Brown Rice Cakes: Lundberg*
- ❑ *Chickpea snacks: Biena*
- ❑ *Corn chips: Simply Balanced*

NON-FOOD

Bath/Body:

- ❑ *Castile soap: Dr. Bronner's (liquid)*
- ❑ *Vitamin E oil*
- ❑ *Hydrogen peroxide*
- ❑ *Rubbing alcohol*
- ❑ *Epsom salt*
- ❑ *Witch hazel*
- ❑ *Pacifica Makeup*

BEVERAGES

Coffee and Tea:

- ❑ *Coffee*
- ❑ *Tea bags: Simply Balanced, Traditional Medicinals, Yogi, various*
- ❑ *Kombucha: various (produce department)*
- ❑ *Suja juice (produce department)*

Misc.:

- ❑ *Coconut water*

PRODUCE

Organic:

- ❑ *Various produce items*

Conventional:

- ❑ *Shop according to the "Buy Organic" list, if possible: large selection*
- ❑ *Ready-to-go options: chopped veggies, steamed beets (Melissa's produce), Six Bean Medley (Melissa's produce)*