



# TERRAIN GROCERY LIST

## ORGANIC ANIMAL PROTEINS

### Pasture-Raised, Organic & Certified Humane:

Chicken Eggs

Duck Eggs

Quail Eggs

Turkey Eggs

Goose Eggs

### Organic and Pasture-Raised:

Chicken

Turkey

Nitrate/Nitrite Free Deli Meats (moderation)

Nitrate/Nitrite Free Bacon, No sugar added (moderation)

Wild Game

Beef (100% grass-fed and 100% grass-finished)

Buffalo/Bison

Lamb

Forested Pork

## ORGAN MEATS

### Pasture-Raised, Organic & Certified Humane:

Lamb Kidney

Beef Organs (liver, kidney & heart)

Chicken Liver

Goose Liver

Duck Liver

## WILD CAUGHT SEAFOOD PROTEINS

Alaskan Salmon

Halibut

Cod

Haddock

Skipjack Tuna

Sardines

Mackerel

Herring

Anchovies

Arctic Char

Shrimp

Lobster

Scallops

Oysters

Clams

## ORGANIC VEGETABLES

Collard Greens

Kale

Spinach

Arugula

Swiss Chard

Endive

Chives

Mustard Greens

Romaine Lettuce

Bok Choy

Beet Greens

Broccoli

Green Cabbage

Cauliflower

Celery

Brussels Sprouts

Onions

Broccoli Sprouts

Red Clover Sprouts

Wild & Garden Asparagus

Radishes

Zucchini

Cucumbers

Turnips

Turnip Greens

Rutabaga

Garden Cress

Summer Squash

Snow Peas

Kohlrabi

Watercress

Shallots

Nori

Bell Peppers

Leeks (moderation)

Jerusalem Artichokes

Globe Artichokes

Dandelion Greens & Root

Bitter Melon

Lemon Zest, Rind & Juice

Cherry Tomatoes (moderation)

Red Chili Peppers (moderation)

Habaneros (moderation)

Scotch Bonnet Peppers (moderation)

Beets (moderation)

## ORGANIC OILS & FATS

Avocado oil

Cold-pressed Extra-virgin Olive Oil (glass bottle)

MCT oil

Coconut Oil

Black Cumin Seed Oil

Duck Fat

Sesame Oil

Walnut Oil

Coconut Cream

Mayonnaise made w/ Avocado Oil

Grass Fed Tallow

Lard from pastured/forested Pork

## ORGANIC NUT FLOURS

Macadamia Nut Flour (moderation)

Pecan Flour (moderation)

Almond Flour (moderation)

Coconut Flour (moderation)



## DAIRY

Pasture-Raised, Whole Fat, Raw Dairy:

Ghee

Butter

Heavy Whipping Cream (moderation)

Sour Cream (moderation)

Cream Cheese (moderation)

Goat Milk

## SWEETENERS

Stevia (moderation)

Monk Fruit (moderation)

Chicory Root (moderation)

Bocha Sweet (moderation)

Xylitol (if tolerated in moderation)

Sukrin Gold (moderation)

## CONDIMENTS

Mustard

Umeboshi Vinegar

Natto

Horseradish

## HERBS & SPICES

Paprika

Epazote

Oregano

Basil

Garlic

Parsley

Shepherd's Purse

Purslane

Coriander

Cumin

Turmeric

Thyme

Rosemary

Ginger

Real, Non-iodized Salt (Real salt, Redmond's)

Turmeric

Fennel

## MUSHROOMS

Turkey Tail

Maitake

Shiitake

Lion's Mane

Reishi

Cordyceps

Chaga

## HEALTHY SNACKS

Miracle Noodles

Pork Rinds

Unpasteurized Fermented & Cultured Foods like Sauerkraut, Kimchi, and lacto-fermented condiments

Kelp Noodles

Organic Shirataki Noodles

## SWEETS

85% or higher Organic, Fair trade chocolate, cacao nibs, or cacao powder (moderation)

## ORGANIC FRUITS

Black Raspberries (moderation)

Olives

Persimmons (moderation)

Barbados Cherry (moderation)

Avocado

Capers

Bilberries (moderation)

Black Currants (moderation)

Black Elderberry (moderation)

Lingonberries (moderation)

Green Wild Apples (moderation)

Green Apples (moderation)

## BEVERAGES

Filtered Water

Unsweetened Herbal Tea

Sparkling Water

Lemon Water

Organic, Pasture-Raised, Chicken Bone Broth  
Broth made from Wild Caught Fish Bones

Organic, Pasture-Raised, Beef Bone Broth

Aloe Vera Juice

Organic, sustainably grown,  
dry-farmed Red Wine (moderation)

## ORGANIC RAW NUTS & SEEDS SOAKED, SPROUTED

Flaxseeds (moderation)

Hemp Seeds

Sprouted Radish Seeds

Black Currant Seeds

Brazil Nuts

Macadamia Nuts

Soaked Pumpkin Seeds

Chia Seeds (moderation)

Walnuts

Pecans