



TERRAIN GROCERY LIST

ORGANIC ANIMAL PROTEINS

PASTURE-RAISED, ORGANIC & CERTIFIED HUMANE EGGS

- Chicken eggs
- Duck eggs
- Goose eggs
- Quail eggs
- Turkey eggs

PASTURE-RAISED & ORGANIC MEAT

- Bacon, nitrate/nitrite free, no sugar added (moderation)
- Beef, 100% grass-fed and 100% grass-finished
- Buffalo/bison
- Chicken
- Deli meats, nitrate/nitrite free (moderation)
- Lamb
- Pork, forest-raised
- Turkey
- Wild game

PASTURE-RAISED, ORGANIC & CERTIFIED HUMANE ORGAN MEATS

- Beef organs (liver, kidney, & heart)
- Chicken liver
- Duck liver
- Goose liver
- Lamb kidney

WILD-CAUGHT SEAFOOD

- Alaskan salmon
- Anchovies
- Arctic Char
- Clam
- Cod
- Haddock Halibut
- Herring
- Lobster
- Mackerel
- Oysters
- Sardines
- Scallops
- Shrimp
- Skipjack tuna

ORGANIC VEGETABLES

- Artichokes, Globe
- Artichokes, Jerusalem
- Arugula 1 • Asparagus, wild & garden
- Beet greens
- Beets (moderation)
- Bell peppers
- Bitter melon
- Bok Choy
- Broccoli
- Broccoli sprouts
- Brussels sprouts
- Cauliflower
- Celery
- Chives
- Collard greens
- Cucumbers
- Dandelion greens & root
- Endive
- Garden cress
- Kale

ORGANIC VEGETABLES (CONTINUED)

- Kohlrabi
- Leeks (moderation)
- Lemon zest, rind & juice
- Mustard greens
- Nori
- Onions
- Peppers, habanero (moderation)
Peppers, Scotch Bonnet (moderation)
- Radishes
- Red clover sprouts
- Romaine lettuce
- Rutabaga
- Shallots
- Snow peas
- Spinach
- Summer squash
- Swiss chard
- Tomatoes, cherry (moderation)
- Turnip greens
- Turnips
- Watercress
- Zucchini

ORGANIC NUT FLOURS

- Almond flour (moderation)
- Coconut flour (moderation)
- Macadamia nut flour (moderation)
- Pecan flour (moderation)

SWEETENERS

- Bocha Sweet (moderation)
- Chicory root (moderation)
- Monk fruit (moderation)
- Stevia (moderation)
- Sukrin Gold (moderation)
- Xylitol (if tolerated, in moderation)

ORGANIC OILS & FATS

- Avocado oil
- Black cumin seed oil
- Coconut cream
- Coconut oil
- Duck fat
- Lard, pasture/forest-raised pork
- Macadamia nut oil
- Mayonnaise made with w/avocado oil
- MCT oil (medium-chain triglycerides)
- Olive oil, cold-pressed, extra-virgin (glass bottle)
- Sesame oil
- Tallow, grass-fed beef • Walnut oil

CONDIMENTS

- Horseradish
- Mustard
- Natto
- Umeboshi vinegar

DAIRY

PASTURE-RAISED, WHOLE FAT, RAW DAIRY

- Butter
- Cream cheese (moderation)
- Ghee
- Goat milk
- Heavy whipping cream (moderation)
- Sour cream

MUSHROOMS

- Chaga
- Cordyceps
- Lion's mane
- Maitake
- Reishi
- Shiitake
- Turkey tail

HERBS & SPICES

- Basil
- Coriander
- Cumin
- Epazote
- Fennel
- Garlic
- Ginger
- Oregano
- Paprika
- Parsley
- Purslane
- Rosemary
- Salt, real, non-iodized (ex. Redmond's Real Salt)
- Shepherd's purse
- Thyme
- Turmeric

HEALTHY NOODLES

- Kelp noodles
- Miracle noodles
- Zucchini noodles
- Shirataki noodles, organic

HEALTHY SNACKS

- Pork rinds
- Unpasteurized, fermented & cultured foods like sauerkraut, kimchi, & lacto-fermented condiments

SWEETS

- 85% or higher organic, fair-trade chocolate, cacao nibs, or cacao powder (moderation)

ORGANIC FRUITS

- Avocado
- Barbados cherries (moderation)
- Bilberries (moderation)
- Black currants (moderation)
- Black elderberries (moderation)
- Black raspberries (moderation)
- Capers
- Green apples (moderation)
- Green wild apples (moderation)
- Lingonberries (moderation)
- Olives
- Persimmons (moderation)

BEVERAGES

- Aloe vera juice
- Beef bone broth, organic, pasture-raised
- Chicken bone broth, organic, pasture-raised
- Fish bone broth, wild caught
- Herbal tea, unsweetened
- Lemon water
- Red wine, organic, sustainably grown, dry-farmed (moderation)
- Sparkling water • Water, filtered

ORGANIC RAW NUTS & SEEDS SOAKED & SPROUTED

- Black currant seeds
- Chia seeds (moderation)
- Flaxseeds (moderation)
- Hemp seeds
- Macadamia nuts
- Pecans
- Pumpkin seeds
- Radish seeds
- Walnuts

