



Real-Food Shopping Checklist (Printable)

Label Rules of Thumb

- Fewer than 5 ingredients is a good sign.
- Choose words you'd cook with at home.
- Avoid: artificial colors/flavors, "enriched," "hydrogenated," sugars by many names.
- Prefer 100% whole grain when choosing grains.

Aldi (Budget-Friendly)

- Produce (focus on variety and color).
- Canned fish (sardines, tuna in olive oil, salmon).
- Pantry: beans, tomatoes, broth; check for simple ingredients.
- Breads: watch for "enriched flour"; choose whole-grain sourdough when possible.
- Oils: extra virgin olive oil, avocado oil.
- Snacks: nuts, olives, 85% dark chocolate.
- Drinks: sparkling water; consider stevia options like Zevia as a bridge off soda.

Whole Foods (Broader "No-Dyes" Selection)

- 365 brand staples (frozen veggies/fruits, nut butters, canned beans).
- Long-fermented whole-grain sourdough; short ingredient lists.
- Quality oils (olive, avocado), ghee.
- Pasture-raised eggs; fish, poultry, meat.
- Unsweetened yogurts; cottage cheese (if tolerated).
- Still read labels — "natural" ≠ clean.

Staple Categories (Check Off)

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|---|---|
| ☐ Eggs | ☐ Olive/Avocado Oil |
| ☐ Fish | ☐ Nuts/Seeds |
| ☐ Poultry | ☐ Sparkling Water |
| ☐ Meat | ☐ Mineral Water |
| ☐ Beans/Lentils | ☐ Coffee/Tea |
| ☐ Leafy Greens | ☐ Dark Chocolate (85%) |
| ☐ Crucifers | ☐ Olives |
| ☐ Colorful Veg | ☐ Jerky (clean label) |
| ☐ Whole Grains (or GF options) | |