



root²rise

FEEL-GOOD GROCERY GUIDE

Go-to products that support an anti-inflammatory
& pro-delicious diet

@ROOT2RISE_NUTRITION

PRODUCE (ORGANIC WHEN FEASIBLE)

- Leafy greens- kale, spinach chard
- Fennel- sliced & roasted w/ olive oil & salt
- Broccoli-roasted with olive oil & salt
- Cauliflower-roasted with olive oil & salt
- Cauliflower rice (frozen)- as a side or rice alternative
- Brussels sprouts- roasted with olive oil & salt
- Zucchini and summer squash
- Sweet Potatoes
- Butternut squash peeled & cubed
- Avocado
- Radishes- try sliced with hummus or guacamole!
- Cabbage- sliced, sauteed with garlic, olive oil & salt
- Ginger- chopped & sautéed with Asian/Indian flavors
- Herbs - basil, thyme, rosemary, parsley
- Apples
- Blueberries, raspberries, strawberries, blackberries
- Mango, banana
- Lemon- squeeze over poultry, veggies!

DAIRY/EGGS

- Milk- Fairlife, Horizon Organic, Organic Valley
- Almond Milk- Califia Farms Unsweetened
- Greek Yogurt (Unsweetened)- sub for sour cream
- Non-Dairy Yogurt- Forager
- Grass Fed Butter
- Vegan Butter- Miyokos
- Ghee- clarified butter for delish flavor & Omega 3!
- Eggs- Vital Farms or Farmers Market
- Cottage Cheese- Good Culture

POULTRY/MEAT/FISH/PROTEIN

- Ground turkey or beef- grass fed
- Applegate Farms sausages/hot dogs
- Extra Firm Tofu
- Chicken- boneless skinless breasts, tenders and thighs easy for meal prep
- Salmon
- Raw jumbo shrimp- cooks super quickly!
- Chicken liver- incredible source of vitamins & minerals

GRAINS/PASTAS/BREAD/FLOUR

- Jasmine/Wild/Basmati Rice
- Brown Rice Noodles
- Polenta in log form-slice & pan fry
- Lentils
- Dave's Killer Bread
- Gluten Free Bread- Canyon Bakehouse
- Gluten Free Panko Breadcrumbs
- Gluten Free All Purpose Flour- Cup 4 Cup, Bob's Red Mill 1 to 1
- Granola- Purely Elizabeth
- Old Fashioned Rolled Oats
- Almond Flour
- Cassava Flour- Otto's
- Quinoa
- Tortillas- Siete Almond/Cassava Flour) Corn

OIL/VINEGAR

- Extra Virgin Olive Oil
- Avocado Oil
- Coconut Oil
- Red Wine Vinegar
- Apple Cider Vinegar
- Champagne Vinegar

PANTRY FOODS

- Fire Roasted Crushed Tomatoes- Muir Glen
- Cannelini/White Beans- Eden
- Black/Kidney/Pinto Beans- Eden
- Garbanzo Beans - Eden
- Unsweetened Coconut Milk
- Wild Caught Tuna- Olive Oil or Water
- Sardines/Anchovies
- Tomato Paste
- Chicken Broth
- Bone Broth- (Kettle & Fire)
- Nut Butters- almond, peanut

SNACKS/SWEETS

- Toasted coconut chips- Dang
- Crackers- Simple Mills Almond Flour; Absolutely; Hu
- Seeded Crackers- Mary's Gone
- Chickpea Sea Salt snacks- Biena
- Seaweed snack
- Edamame (frozen)
- Parmesan Crisps
- Tortilla Chips- Siete, Chicas, Cabo
- Potato Chips- Boulder Canyon (Avocado Oil)
- Beef/Turkey sticks- Vermont
- Granola bars- Made Good; Larabars
- Pumpkin seeds/Sunflower seeds
- Choc. covered frozen banana bites- Trader Joe's; Dove
- Mochi- dairy and gluten free options
- Dark Chocolate- 70-80% cacao
- Sambazon- Dark Choc. Acai Bites



MISC

- Protein Powder- Vital Proteins
- Ground Flaxseed, Chia, Hemp- great omega 3's- add to oatmeal, smoothies, muffins, pancakes