

Baton Rouge General and fire department professionals have partnered to provide you with this healthy shopping list. The recommended items on this list will help you prepare healthier meals that the whole family will enjoy. So go ahead and fill that basket with a variety of fresh, unprocessed foods that we've made easy to find around the store. To help you with planning, the list is broken down into categories including protein, fruits, vegetables, seasonings, drinks and snacks.

## PROTEIN

Bacon (nitrate-free, preservative-free)  
Beef  
Canned tuna or salmon (in water)  
Cheese  
Chicken  
Collagen peptides  
Deli meats (nitrate-free, preservative-free)  
Eggs  
Pork  
Sausage (nitrate-free, preservative-free)  
Shellfish  
Turkey  
Whey protein  
Wild-caught fish  
Wild game (duck, goose, etc.)

## OILS + FATS

Avocado oil  
Butter (stick; not margarine)  
Coconut oil  
Flax seed oil  
Land-O-Lakes® olive oil butter  
Olive oil dressings  
Olive oil mayonnaise (*best to make homemade*)  
Macadamia oil  
Olive oil  
Pine nuts  
Primal Kitchen® Dressings and Marinades  
Walnut oil

## VEGETABLES

Asparagus	Legumes
Broccoli	Lentils
Brussels sprouts	Lettuce (deep green)
Cabbage	Mushrooms
Carrots	Mustard greens
Cauliflower (all types including riced and mashed)	Peppers (all types)
Celery	Radishes
Collard greens	Snow peas
Cucumbers	Spinach
Eggplants	Squash (all types)
Endive	Sweet potatoes
Green beans	Tomatoes
Green peas	Turnip greens
Kale	Yellow squash
Leeks	Zucchini (all types including spirals)

## FRUITS

Apples  
Avocado  
Berries (all varieties)  
Cherries  
Coconut (unsweetened)  
Grapes  
Grapefruit  
Kiwi  
Mango  
Melons (all varieties)  
Oranges  
Pears  
Peaches  
Pineapple  
Plums

## SNACKS



Bars (*Epic®*, *Lara®*, *Rx®*, *Quest®* or *Perfect Bar®*)  
 Beef jerky (*nitrate-free, preservative-free*)  
 Cheese  
 Chips (*Beanitos®*, *plantain chips*, *Siete®*)  
 Crackers (*Simple Mills®*)  
 Dark chocolate (*70% or greater*)  
 Guacamole  
 Hummus  
 Kind® pressed bars

Nuts (*natural or dry roasted: cashews, walnuts, almonds, Brazil nuts, pistachios, pecans*)  
 Natural nut butters  
 Olives  
 Pumpkin/sunflower seeds (*dry roasted*)  
 Parmesan crisps (*Whisps®*)  
 Rhythm Foods® vegetable chips  
 Salsa  
 Unsweetened yogurt (*Chobani® Less Sugar, Fage® Trublend®, Oikos® Triple Zero, and Siggi's®*)

## SEASONINGS



Cinnamon  
 Coconut aminos  
 Extracts  
 Flax seeds (*milled*)  
 Garlic  
 Herbs & spices  
 Lemon juice (*fresh*)

Monk fruit  
 Onions  
 Parsley  
 Peppers  
 Stevia (*SweetLeaf®, Splenda Naturals®*)  
 Swerve®  
 Vinegar

## ADDITIONAL ITEMS



## BAKING:

Almond flour  
 Arrowroot powder  
 Birch Benders® paleo pancake mix  
 Cassava flour  
 Chia/flax seeds  
 Coconut flour  
 Tapioca flour  
 Siete® tortillas  
 Simple Mills® baking mixes

## BEVERAGES:

Kombucha,  
 Electrolyte replacements: Body Armor®, Coconut water, LyteShow®, MyHy®, Nuun®  
 Infused water: Hint®, Trevi® essence water  
 Soda alternatives: Zevia®  
 Sparkling water: LaCroix®, Ozarka®, AHA®, Bubly®  
 True Lemon® packets

## NUT MILK &amp; MILK

ALTERNATIVES:  
 Califia® almond milk, Coconut milk, Fairlife® milk

## PASTA ALTERNATIVES:

Bean/lentil/chickpea pastas  
 Zucchini noodles

## PROTEIN SUPPLEMENTS:

Iconic®, Evolve®, Orgain®