



POSTPARTUM
NUTRITION GUIDE



I'm Bernie Jensen

Hello! My name is Bernie Jensen and I am a Nutritional Therapy Practitioner. My passion is working with women in all stages of life to help them improve their hormonal health. Whether you are planning to conceive or not, hormones are the foundation of our overall quality of life. Hormones affect our sleep, energy levels, menstrual cycles, mood, appetite, and many other processes throughout the body. If our hormones are not regulated properly there is a cascade of negative side effects that will follow. Having your hormones in good working order is especially important if you are looking to conceive and carry a baby to full term. Proper nutrition after the baby is born is equally as important both for mom and the baby, but mom is easily overlooked.

My goal in creating this guide is to provide you with nutrition recommendations as well as easy recipes to help you heal and feel great after having your baby. Focusing on better nutrition will help you thrive as a new mom, get through those sleepless nights, and provide quality nutrition to your baby. In this guide I share easy to understand information that will teach you hormone basics, why supporting them is essential to health, and how to support them as you navigate postpartum life. These recipes will provide you with quick meals that support healing by decreasing inflammation, aiding breast milk production and give you energy while keeping you full - all without spending too long in the kitchen! I hope you enjoy and find this information to be helpful on your postpartum journey.



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Hormone Basics

Hormones are the body's chemical messengers. They are made mainly by the endocrine glands and are transported through the bloodstream to other tissues and organs. They serve a variety of purposes such as regulating behavior, mood, reproduction, stress response, growth, development, contractions of muscles, etc. Our bodies create over 100 hormones that transfer information from one set of cells to another. There are also other hormone producing organs/tissues that only deliver messages within their own organ/tissue. These include the hypothalamus, lungs, skin (vitamin D), stomach, heart, liver, small intestines and the kidneys.

The major Endocrine glands:

Pituitary Gland:

- + Produces hormones that regulate the function of other endocrine glands
- + **Growth hormone:** stimulates growth of all tissues and bones
- + **Thyroid hormone:** development and activity of the thyroid gland
- + Stimulates the release of corticosteroids from the adrenals that manage stress response, immune response, regulation of inflammation, metabolism, blood electrolyte levels and behavior
- + **Gonadotrophins:** regulate the function of the gonads in both sexes
- + **Prolactin:** promotes milk production

Pineal Gland:

- + Produces melatonin that helps set the timing of the body's biological clock by perceiving lightness & awakens for sleep patterns

Thyroid Gland:

- + Thyroid hormones thyroxine (T4) and triiodothyronine (T3) increase the rate of cellular metabolism
- + **Calcitonin:** released in response to too high calcium levels in the blood and prompts reabsorption of calcium into the bones

Parathyroid Gland:

- + Found on the back of the thyroid gland
- + Secretes Parathyroid Hormone that works opposite of calcitonin and increases the calcium in the blood when it drops too low

Adrenal Glands:

- + Located on top of both kidneys and controls the behavior during crisis and stressful situations
- + **Adrenaline:** triggers the flight or fight response by increasing blood flow to muscles, output of the heart, pupil dilation response and blood sugar level
- + Aldosterone: regulates sodium conservation in the kidneys, salivary glands, sweat glands and colon. It also regulates blood pressure, and potassium levels.
- + **Cortisol:** steroid hormone that regulates a wide range of processes including metabolism and the immune response. It is also essential in helping the body respond to stress and helps regulate/ increase blood sugar if it drops too low. Cortisol is supposed to be highest in the morning to help you rise with energy, but constant stress can cause elevated cortisol levels throughout the day/night. Cortisol is not all bad, and also helps with inflammation, but chronically high levels cause trouble.
- + Adrenal dysfunction is very common where the adrenals produce either too much or too little hormones. The body will steal sex hormone precursors to create cortisol if the body is under too much stress.

Influencers of Hormone Health

Hormone health is dependent on a cascade of systems within our body. A poor quality diet that causes nutrient deficiencies is a large part of the picture when there are hormonal problems, but often times we have one or all of the following issues that contribute to imbalance.

Nutrition:

Blood Sugar Balance:

- + Consumption of mostly refined sugars and carbs causes a roller coaster of blood sugar where it will get very high and then plummet, the body sees this as a stressor since it requires glucose to stay alive.
- + When blood sugar drops too low the adrenals release cortisol that cause a chain reaction to increase blood sugar levels.
- + If blood sugar continues to drop low consistently, cortisol levels are elevated which causes insulin receptors to become less responsive to insulin (insulin delivers glucose into cells = excess glucose in the bloodstream)
- + Insulin resistance: increased testosterone in women, increased estrogen in men, inflammation issues, poor mineral absorption, elevated blood pressure and cholesterol
- + A diet high in refined sugar and low in fat will cause blood sugar imbalance that negatively impacts hormone health.

Adrenal Health:

- + Chronic stress prompts the adrenals to continue releasing cortisol
- + The body prioritizes adrenal health over reproductive, metabolic and other endocrine functions
- + Adrenal glands “steal” nutrients and hormonal precursors from the rest of the endocrine system

Mineral Deficiencies:

- + Every endocrine organ has a mineral on which it is dependent

Essential fatty acid deficiencies:

- + EFA's and other fats are critical to the entire endocrine system
- + The body CAN NOT make hormones without fats
- + Fats are necessary for a healthy cell membrane that is critical for the cellular/hormonal communication hormones are responsible for.

Steroid hormones (for reproduction):

- + Derived from cholesterol
- + Sources: healthy fats and unrefined, complex carbs

Thyroid hormones:

- + Derived from iodine atoms and tyrosine (an amino acid)
- + Sources: iodine and quality proteins

Amine Hormones:

- + Derived from modified amino acids
- + Sources: quality proteins

Influencers of Hormone Health

Nutrition Continued:

Peptide & Protein Hormones:

- + Derived from chains of amino acids
- + Sources: quality proteins

Eicosanoid Hormones:

- + Derived from fatty acids
- + Sources: a spectrum of healthy fats

Hydration:

- + Supports the efficient transport of hormones throughout the body
- + Ensures proper viscosity of the blood and interstitial fluids (surrounding all cells) that is required for cell communication

Digestion:

- + Absorption of nutrients, vitamins, water
- + Ability to get rid of used hormones through bowel movements

Stress:

- + Refined sugars and a high glycemic diet
- + Coffee and other stimulants
- + Alcohol
- + Morning commute
- + Emotional stress
- + Digestive compromises
- + Nutritional Weaknesses
- + Disease/ other pathologies

Overall Toxic Burden/Inflammation:

- + Toxins found in household products and personal care products
- + Air pollution
- + Agricultural pesticides
- + Poor diet causes inflammation throughout the body
- + Elevated cortisol from blood sugar imbalance causes inflammation

Liver Health (affected by toxins and blood sugar imbalance):

- + The liver is responsible for deactivating hormones that are in excess or no longer functional
- + If the liver is not functioning properly because it's busy regulating blood sugar it is unable to properly break down and remove hormones
- + Elevated cortisol levels decrease the effectiveness of the liver pathways that remove hormones

Hormones Postpartum

After giving birth, your hormones will take awhile to get back to pre-pregnancy functioning. Though all women are different, most will settle into a more normal rhythm between 6-8 weeks.

- + **Estrogen and progesterone** levels drop dramatically which is a large contributor to postpartum depression
 - Progesterone will remain low until you have your first menstrual cycle and your ovaries are signaled to produce it again.
- + **Oxytocin:** the “bonding hormone” which essentially turns on your mothering behavior in those first few weeks. This allows you to be able to detect danger to your new child, which can lead to higher levels of anxiety.
- + **Progesterone:** a calming hormone and should usually act as a natural anti-anxiety, but since levels are low it can lead to more anxiety than usual
- + **Thyroid hormones** can also be affected by giving birth, these hormones regulate metabolism, body temperature and organ function.
 - Symptoms can include insomnia, anxiety, rapid heart rate, fatigue, weight loss and irritability
- + **Relaxin** is a hormone produced during pregnancy that makes all of your joints loosen up to accommodate for your growing baby and upcoming birth
 - It can take up to 6 months for your joints to return to normal stability, which is why lower impact exercise is recommended during that time
- + **Prolactin** is the hormone that is responsible for milk production and shows up after you give birth.
 - High levels of prolactin can affect your dopamine, which is your feel good hormone
 - Prolactin is sometimes the reason for moodiness, low energy levels, and slowed metabolism after giving birth.

It is normal for your mood and feelings to be all over the place for the first few weeks while your hormones readjust and get back to normal operations. On the other hand, if you feel that they are too scattered or truly affecting your every day life and preventing your ability to care for yourself or your baby, you should see your doctor as further testing may be necessary. It can also be beneficial to voice these concerns to your partner or a friend who can help navigate the feelings with you - there is no need to suffer in silence.



Postpartum Nutrition Overview

The number one way to support your hormones and body postpartum is to provide it with optimal nutrition. It's going to be a stressful time and supporting your healing body, mood, and energy with nutrition is going to play a large part in recovery. Nutritional deficiencies can contribute to postpartum depression in a large way because hormones need certain dietary precursors (think protein, fat, vitamin D, etc) in order to be created by the body. If our bodies' are under too much stress it will steal precursors for steroid hormones and use them to create cortisol, which you learned earlier, is the stress response hormone. This means that your hormones, especially estrogen, will have trouble getting back to normal levels post-birth.

Postpartum life is stressful in a lot of ways. Your body is recovering from a very intense physical stress, your hormones are readjusting, you're exhausted from taking care of a new baby that has no schedule yet and you might also be breastfeeding. The following recommendations will help you navigate your diet postpartum. The focus should be eating nutrient dense food to fuel your body and breast milk production, and not on losing the baby weight right away. A mistake many postpartum women make is trying to eat less, which can lead to even bigger mood swings, hormone imbalance, lost milk production and feeling out of control mentally. A nutrient dense diet will provide you with energy, help heal inflammation, help with breast milk production and hopefully keep you happy throughout the sleepless nights.



Postpartum Nutrition Recommendations



- + These are just recommendations to begin with. You should reassess how you are feeling and if you are still fatigued try adding more food.
- + Weight loss or weight gain looks different for every woman, try not to let it consume you for at least the first few weeks with baby to ensure that you are taking care of yourself and connecting with your baby. Remember to eat! Do not cut calories in an attempt to shed the baby weight right away because it could affect breast milk production or slow your healing from giving birth.
- + Remember that gaining weight in the first weeks is normal, especially if you are engorged or retaining water because your body is working to heal inflammation.
- + Aim to eat 3 meals with a couple snacks in-between. You want to avoid getting too hungry to keep your metabolism up as well as provide enough calories for breastfeeding.
- + Focus on whole, real foods and eliminate most processed, refined and sugar filled foods.
- + Aim for a balance of 85% real food and 15% treats can help you feel that you are not restricting yourself too much and can still have a treat when you want it.
- + Structure your plate with a palm sized amount of protein, 1-2 cups of vegetables and a healthy fat in the form of nuts/seeds, avocado, nut butter, salad dressing, mayo, etc.
- + When snacking be sure to pair veggies with fat or carbs with fat. This allows the fat to give you sustained energy as well as keep the carb from up taking too quickly and causing a spike and then crash in blood sugar.

Postpartum Nutrition Recommendations

- + Increase by 300-500 more calories than when you were pregnant if you're breastfeeding
- + Add 25 additional grams of protein per day for around 70-80g total
 - Protein is important for postpartum recovery, growth and rebuilding of cells and hormone balance. Baby needs protein for cell growth and immune function.

+ Hydration:

- Hydration is KEY to healing, especially if you are breastfeeding.
- Aim for a minimum of 1/2 your body weight in oz of water per day
 - For every 8 oz of non water (coffee, tea, etc) replace with 12 more oz of water
 - Example: you have 8 oz of coffee, so you need to have 12 extra oz of water above your minimum. If you weigh 150 lbs your daily minimum is $75 + 12 = 87$
 - Breastfeeding makes you especially thirsty and it is good to drink water during or after every feeding session
- Electrolytes are easily lost and need to be replaced daily. These help your body properly use water and help with cell to cell communication
 - A pinch of quality mineral/ sea salt in your water once or twice a day will help replenish these electrolytes
 - Brands: Real salt, Himalayan sea salt
 - Trace Minerals concentrate mineral drops are another option that can be added to water
 - Nuun hydration tabs are another great option, they come in all sorts of flavors.

+ Calcium:

- Non-dairy sources: leafy greens, sardines with bones, chia seeds, sesame seeds, non-dairy yogurt, almonds, beans, lentils
- Dairy sources: yogurt, full fat cheese, cottage cheese, goat or cow milk

+ Iron: at least 18mg per day to recover from blood loss during birth

- Sources:
 - Grass-fed beef (if you have the means - grass fed meats have far more nutrients than conventionally raised meats. Organic is a second best),
 - Buffalo/ Bison
 - Lamb
 - Liver (liver pills are available as a supplement)
 - Bone broths
 - Dark chocolate

+ Healthy fats:

- Coconut oil
- Avocado oil (and fruit)
- Extra-virgin olive oil
- Grass fed butter or ghee
- Flax oil (to be used cold only on a salad, not for cooking)
- Sesame oil (to be used cold only at the end of a dish, not for cooking)
- Beef Tallow
- Duck Fat
- Bacon Fat
- Nuts & seeds

Postpartum Nutrition Recommendations

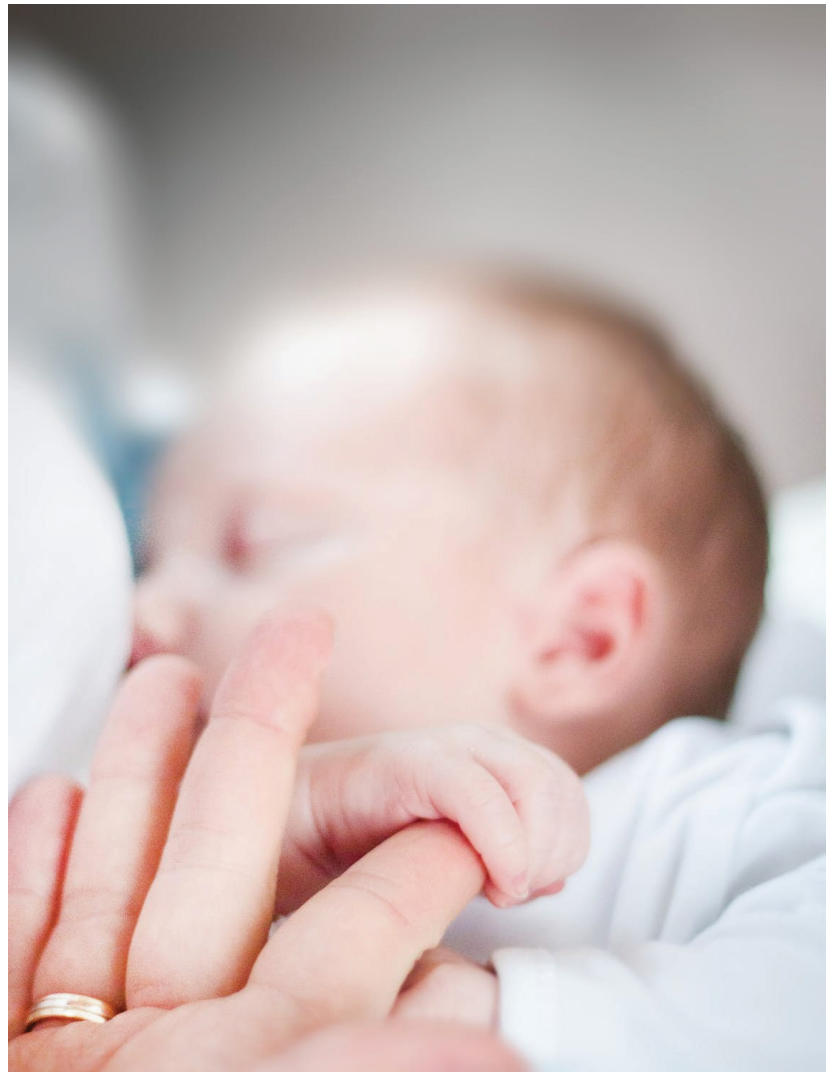
- + Fatty low mercury fish such as salmon or sardines
- + Moderate amounts of gluten free grains such as rice, millet, quinoa, oats
- + Probiotic rich foods:
 - These help maintain a healthy gut which lowers inflammation while also improving digestion
 - Full fat yogurt, kefir, kimchi, kombucha, sauerkraut
- + Essential Fatty Acids: chia seeds, flax seeds, walnuts, chunk light tuna, hemp seeds, sardines
- + Vitamin A: beef liver, carrots, sweet potatoes, spinach
- + Vitamin C: guava, papaya, kiwi, oranges, strawberries, pineapple, bell peppers, broccoli, red cabbage, brussels sprouts, kohlrabi, snow peas.
- + Vitamin D: best absorbed through sunshine and pharmaceutical-grade vitamin D3/K2 supplements (NOW foods brand is quality and can be found at Sprouts or other natural goods stores)
- + B vitamins:
 - Nutritional yeast, sea vegetables, macadamia nuts, almonds, pistachios, black and pinto beans, lentils, liver, turkey breast, pastured eggs, avocado, yogurt, kefir.
 - The best supplement sources are high-quality pharmaceutical-grade B-complex
- + Vitamin B12: best found in beef liver (can supplement too), sardines, lamb, wild-caught Alaskan salmon, nutritional yeast
- + Folate: spinach, leafy greens, beef liver, black-eyed peas, broccoli, avocado
- + Zinc: Pumpkin seeds, lamb, chickpeas, cocoa powder (yes!), grass-fed beef, shellfish, eggs
- + Iodine: sea vegetables like dulse and nori (seaweed), baked cod, cranberries, potatoes, shrimp
- + Selenium: eggs, sunflower seeds, chunk light tuna, chia seeds, brazil nuts
- + Magnesium: Cocoa powder, dark chocolate, almonds, spinach, chard, avocado

Focusing on eating a good variety of protein from meat (at the very least eggs), carbohydrates, and different colors of vegetables (their colors are a byproduct of the nutrients they contain) should cover your nutrition, but most women prefer to continue their prenatal during the first few months postpartum to ensure they are getting all the vitamins and nutrients they need. NOTE: you cannot out supplement a poor diet. You have to do both.

Foods That Support Breastfeeding

+ All of the foods listed in this guide and eating a nutrient dense diet will help with breastmilk supply as well as make it nutritious for your baby.
+ Here is a list of foods that are known to help increase breastmilk supply and keep it flowing steady for you. Most of these foods contain phytoestrogens that are known to increase breast milk.

- Oats
- Garlic
- Eat plenty of vegetables
- Sesame Seeds:
 - Tahini and halva are two good options
- Dark Green Vegetables
- Chickpeas:
 - Enjoy whole on salads or pasta
 - Hummus with vegetables or on a sandwich
- Almonds:
 - Full of protein and calcium
 - Eating almonds or drinking almond milk can increase the creaminess, sweetness, and amount of breast milk.
- Flaxseed and Flaxseed Oil:
 - Add flaxseed to salads, smoothies, on sandwiches, yogurt, oatmeal, etc.
 - Flaxseed oil should only be used as a cold oil, never cook with it.
- Fresh Ginger Root:
 - Add fresh, raw ginger or powder to the dishes that you cook, to tea, to bone broth or find a ginger tea.
- Brewer's Yeast:
 - A nutritional supplement that contains B vitamins, iron, protein, chromium, selenium, and other minerals.
 - Breastfeeding mothers use it to increase breast milk, but it may also give you more energy, have a positive effect on your mood and get rid of the baby blues.
 - You can find brewer's yeast in tablet or powder form.



Recipes

Use this as an easy way to build healthy meals, or snacks! Pick one from at least the protein, carb and fat section. Add on fruits and probiotic foods at least once a day.

Proteins: *(choose 1)*

Chunk Light tuna (has significantly less mercury)
Beef (ground, steak, etc)
Beef liver (or supplement - Vital Proteins is a great brand)
Black beans
Black-eyed peas
Bison/ Buffalo
Chicken (all cuts)
Chickpeas
Cod
Collagen (bone broth or powder supplement - Vital Proteins brand)
Eggs
Lamb
Lentils
Mackerel
Pork
Sardines
Shrimp
Turkey breast
Wild-caught Alaskan salmon fresh
Wild caught canned salmon

Carbohydrates:

Veggies: *(choose as many as you want!* *At least 1-2 per meal)*

Artichokes
Asparagus
Green beans
Beets
Broccoli Rabe
Bell peppers
Broccoli
Brussels sprouts
Bok Choy
Carrots
Cauliflower
Celery
Corn
Cucumber
Eggplant
Jicama
Kohlrabi
Leeks
Lettuce
Mushrooms
Okra
Peas
Onions
Bell Peppers
Sweet Peppers
Spinach
Swiss chard
Kale
Collard Greens
Red and green cabbage
Radishes
Tomato
Turnip
Snow peas
Zucchini

Veggies that are also starchy carbohydrates:

Sweet potato
Spaghetti Squash
Acorn Squash
Pumpkin
Butternut Squash
Potatoes (all varieties)
Herbs & spices of all kind- to spice up your life! No vegetables need to be bland-ever.

Other Carbohydrates:

Brown and white rice
Whole wheat pasta
Quinoa
Whole wheat bread
Corn based foods

Recipes

Use this as an easy way to build healthy meals, or snacks! Pick one from at least the protein, carb and fat section. Add on fruits and probiotic foods at least once a day.

Healthy Fats: (choose 1 per meal)

Avocados/avocado oil
Coconut oil
Extra-virgin olive oil
Pastured butter
Flax
Sesame oil
Nuts and seeds:
Almonds
Brazil nuts
Chia seeds
Flaxseeds
Macadamia nuts
Pistachios
Pumpkin seeds
Sunflower seeds
Hemp seeds
Walnuts

Fruits: (add as you want to meals or as a snack with a fat like nut butter, nuts, yogurt, etc. Dried fruit can be great too for a trail mix, but still has a good amount of sugar and can be easily overeaten so just be careful!)

Bananas
Strawberries
Blueberries
Blackberries
Raspberries
Oranges
Lemon
Lime
Grapefruit
Cranberries
Guava
Kiwi
Papaya
Plantain
Pineapple
Peaches
Apples
Avocado
Apricots
Cantaloupe
Clementine
Cherries
Coconut
Figs
Grapes
Guava
Watermelon
Honeydew Melon
Plums
Kiwi
Mango
Papaya
Pear
Pomegranate

Probiotic Foods: (At least once a day)

Sauerkraut
Yogurt
Kimchi
Kefir
Fermented vegetables (can
find a lot of these in stores now)
Kombucha
Supplements

Miscellaneous healing foods:

Bone broth
Cocoa
Dark chocolate
Gelatin
Hydrolyzed collagen
Sea vegetables
Spirulina
Eggs

Recipes

Easy Snack Ideas

Crackers, cheese & lunch meat (look for clean lunch meat with minimal ingredients!)

Trail Mix:

Add 1 cup of each kind of nuts you like: cashews, almonds, pecans, walnuts, etc

Add 1 cup of chocolate chips, raisins or dried fruit

Make a bunch at once to have on hand for one hand snacking

Peanut Butter & Jelly Sandwich

Upgrade your PB&J by adding chia seeds or flax seeds on top of the jelly

Add bananas or plantain chips

Lunchmeat roll ups

Take meat, spread with mayo and mustard

Layer with cheese, tomatoes, spinach, arugula, etc

Hummus

Dip with all of your favorite vegetables

Baba Ganoush

Bought just like hummus, made of roasted eggplant, makes a great dip

Celery sticks & nut butter

Any fruit & Nut butter

Milk with berries & nut butter

Cottage cheese with fruit & nut butter

Nuts & dark chocolate

Overnight oats with nut butter & fruit

Any recipe or typical meal can be a snack too! Use the Build Your Own Plate list!

Recipes

Avocado Toast

Versatile and makes for a great snack or meal option. Choose your own adventure! Everything bagel seasoning is the best on avocado toast, and can be found at Costco, Trader Joes and other stores. Every recipe is based on 2-3 slices of toast (depending on the size or what you are hungry for), 1 avocado and your choice of favorite seasonings. Add cheese or extra ingredients to any of them.

Basic Avocado Toast

2-3 pieces of toast (whole wheat, sprouted grain or sourdough)

1 avocado

½ tsp coarse sea salt

Choose your favorite seasonings: red pepper flakes, pepper, sesame seeds, garlic powder, rosemary, etc.

Mash avocado with a fork on top of toast and top with seasoning

Smoked Salmon Avocado Toast

2-3 pieces of toast

1 avocado

4 pcs of smoked salmon

Thinly sliced red onion

Capers

½ tsp coarse sea salt

Mash avocado with a fork on top of toast and sprinkle with salt. Top with salmon, onion & capers. Sprinkle with sea salt or other seasoning of choice

Breakfast Avocado Toast

2-3 pieces of toast

1 avocado

2 eggs

Optional: your favorite breakfast protein:

bacon, sausage, etc

Arugula, spinach or other microgreens

Coarse salt & pepper

Everything bagel seasoning

Prepare your eggs your favorite way - fried, scrambled, over easy, etc

Mash avocado with a fork on top of toast, sprinkle with salt. Top with egg, other protein, seasoning and greens

Bruschetta Avocado Toast

2-3 pieces of toast sprinkled with garlic powder or diced garlic

1 avocado

Tomato, sliced (roma 2, on the vine 1, heirloom ½)

Olive oil (for drizzling)

Basil (dried or fresh - for fresh just do a rough chop)

½ tsp coarse sea salt & pepper

Mash avocado with a fork on top of toast, sprinkle with salt, and top with tomato. Drizzle with olive oil & balsamic. Garnish with fresh or dried basil and more salt & pepper if you like.

Greek Avocado Toast

2-3 pieces of toast

1 avocado

Tomato, sliced (roma 2, on the vine 1, heirloom ½)

½ medium cucumber, sliced

Thinly sliced red onion, 1-2 rings

Olive oil for drizzling

½ lemon

Dill, dried or fresh (about 1 tsp to sprinkle on top)

½ tsp coarse sea salt

Mash avocado with a fork on top of toast. Sprinkle salt on top of the avocado. Top with cucumber, tomato and drizzle with olive oil, a squeeze of lemon and dill. Optional: feta, goat or your favorite crumbly cheese on top

Recipes

BYO Mason Jar Salad

This is the best way to prep salads to have on hand for an easy, quick and nutritious meal! Here is a list of ingredients to choose from and the best way to structure your salad. These will last in the fridge for up to 5 days. The goal is to build a salad that has protein, fat and veggies to fill you up and keep you full. For a large salad as a main dish use a quart sized (32 oz), for a side salad use a pint (16 oz). Build your salad with the heaviest ingredients on the bottom and your greens on the very top to keep them from being crushed.

Building your salad - from bottom to top:

1. 1-4 tablespoons salad dressing (adjust to the amount of salad you are making and your personal preference)
2. Hard vegetables
3. Grains, beans, pasta
4. Cheese and proteins (if you're making the salads in advance, add these the day of)
5. Softer vegetables and fruits (avocados and fruit should be added day of to prevent them getting too mushy)
6. Nuts and seeds
7. Salad greens

When you're ready to eat, shake out the ingredients into a bowl, mix and enjoy!

Greens:

Mixed greens
Baby Kale
Lettuce (romaine, red, iceberg)
Arugula
Spinach
Any other kind of greens you love...

Veggies:

Cooked or raw

Carrots
Tomatoes
Radishes
Peppers - bell, sweet mini
Cucumber
Onion - red, yellow, white, shallot
Broccoli
Corn
Sweet potato (shredded and cooked if you have leftover)
Beets
(see previous veggie list for more ideas)

Fruits:

Fresh or dried

Avocado
Apple
Pear
Strawberries
Blueberries
Peaches
Cherries



Recipes

Fats:

Avocado
Hemp seeds
Pumpkin seeds
Flax Seeds
Walnuts
Pecans
Almonds
Shredded coconut
Sunflower seeds
Cheese of choice

Protein:

Add a protein that can be eaten cold or have it in a separate container if you want to warm it up before you throw it on top of the salad.

Chicken - shredded, sliced chicken breast, canned, etc
Salmon - baked, canned, smoked
Beef burger patty
Steak
Canned Tuna (chunk light has significantly less mercury than albacore)
Hard or soft boiled eggs
Prosciutto
Salami
Lunch meat
Chickpeas

Other assorted ingredients:

Quinoa
Other types of beans: black, kidney, etc
Rice
Plantain chips
Pasta

Balsamic Vinaigrette

2 tablespoons honey
1 tablespoon dijon mustard
1/2 teaspoon fine sea salt
1/2 teaspoon freshly crushed black pepper finely ground
1 large garlic clove minced
1/4 cup balsamic vinegar
3/4 cup extra virgin olive oil

Instructions:

In a small mixing bowl, or blender mix together honey, balsamic, mustard, salt, pepper and garlic.
Add the oil and whisk/blend thoroughly to combine. Continue until dressing is fully emulsified.
Store in a jar with a lid and refrigerate. Shake well before serving. Enjoy!

Lemon Vinaigrette

1/2 cup extra virgin olive oil
1/4 cup freshly squeezed lemon juice
zest of 1 lemon (1/4 tsp packed)
1 tsp Dijon mustard
2 garlic cloves minced or pressed (1 tsp)
1/2 tsp salt
1/4 tsp freshly ground black pepper

Instructions:

Place all ingredients in a bowl, and whisk to combine.
Or, place all ingredients in a jar, and shake to combine.
Or, place all ingredients in a blender, and blend to combine.
Store leftovers in the refrigerator for up to 10 days. Enjoy!

Recipes

Bone Broth

- + Helps to heal inflammation and provide collagen for bones, joints, muscle repair, skin health, hair growth, etc.
- + Homemade is ideal and not hard at all but you can find bone broth at most stores
- + Brands (some are in the refrigerator): Pacific Foods, Oso Good, Kettle & Fire, Bonafide, vital proteins, Epic.
- + Ideally you want the bone broth to look a bit like jello when it's refrigerated, this means you have a lot of collagen content
- + Save and freeze any bones and vegetable scraps (onions, carrots, garlic and celery produce scraps that work well) to use in your bone broth

Ingredients:

- 2.5 - 3 lbs assorted meat bones (save your chicken carcasses!)
- 2 medium carrots unpeeled cut into coins
- 1 onion skin on, chopped into quarters
- 2 stalks of celery, chopped medium
- 4 cloves of garlic, whole and unpeeled
- Assortment of fresh and/ or dried herbs: rosemary, thyme, oregano, etc (this can be whatever flavor you want!)
- 1 Tablespoon apple cider vinegar
- Generous pinch of whole peppercorns
- 1 teaspoon salt

In a minimum 6 QT Instant Pot:

1. Add the bones first and then the vegetables, herbs if using, salt, pepper, garlic, and apple cider vinegar.
2. Add 8 cups of water or to max fill line
3. Set the IP to "manual" high pressure for 120 minutes and make sure the release valve is closed
4. It will take the IP 20-30 minutes to come to pressure
5. After the time is up allow the pot to release pressure naturally
6. Remove the large bones, strain the rest through a mesh strainer or cheesecloth into mason jars or silicone molds to freeze for later
7. Once cooled the broth will develop a layer of fat, you can either remove this or keep it (I keep it!)
8. Enjoy in soups, use it to cook rice or pasta, add it to mashed potatoes, or drink straight out of a mug! It's great if you add fresh cilantro, garlic or ginger to it.

In a Crock Pot:

1. Add the bones first and then all of the vegetables, herbs if using, salt, garlic, and apple cider vinegar.
2. Fill the crock pot with water up to 1 inch below the top of the crock pot.
3. Set on low and cook for 18-72 hours.
4. Remove the large bones, strain the rest through a mesh strainer or cheesecloth into mason jars or silicone molds to freeze for later
5. Once cooled the broth will develop a layer of fat, you can either remove this or keep it (I keep it!)
6. Enjoy in soups, use it to cook rice or pasta, add it to mashed potatoes, or drink straight out of a mug! It's great if you add fresh cilantro, garlic or ginger to it.

Recipes

Homemade Mayo

Mayonnaise is a multi-tasking wonder fat when you find the right kind. Ditch the miracle whip with its unstable fats and replace it with one that has a healthier oil base, like avocado oil mayo! Making it at home is super easy and it is a great base for sauces, salad dressings, aioli, on sandwiches, or just slathered on top of a frittata for some extra healthy fat! A few good store bought brands are Chosen Foods (found at Costco too!), Primal Kitchen and Sir Kensingtons. Look for ones without sugar and canola oil.



Ingredients:

- 1 Egg, whole *pastured or organic is best
- 1 teaspoon dijon mustard
- 1 tablespoon Lemon juice
- 1/2 teaspoon Fine sea salt
- 1 cup Avocado oil

Instructions for Immersion Blender:

Add all ingredients to the container you're making the mayo in (pint mason jars work well). Put blender in all the way and pulse off and on while moving the blender up and down a little bit until it begins to thicken. Mix until all of the oil has emulsified and it's done! Careful not to over blend it as the emulsion can separate.

Can be stored in the fridge for up to two weeks.

Instructions for a normal blender/ stand Mixer/ food processor/ whisk by hand:

Add the egg, lemon juice, mustard and salt to your container. VERY SLOWLY pour in the oil as you whisk vigorously until all the oil is mixed in.

Can be stored in the fridge for up to two weeks.

Recipes

Mango Chia Seed Pudding

A thick, creamy coconut milk based pudding with a light sweetness from pureed mango and a touch of honey. Quick and easy, this is the perfect treat or a breakfast option full of healthy fat. Can be done with any fruit!

Ingredients:

1 can Full fat coconut milk
2 cups Mango *(about 2 mangoes) 1/2 cup extra to top for serving if wanted
1/2 tablespoon Honey *more to taste if mangoes aren't as sweet (can also use maple syrup)
1 teaspoon Vanilla Extract
5 tablespoons Chia Seeds

Instructions:

Add coconut milk, mango, honey and vanilla extract to a blender or food processor and blend until smooth.

You can add the chia seeds two different ways- add into blender and pulse a couple of times to mix- OR mix in by hand for a couple minutes to ensure they don't stick together. Keeping them whole gives you more of the gooey little chunks in the pudding, whereas blending them makes it a little less chunky.

Place pudding in a sealed container and refrigerate overnight. If you don't have that much time you can refrigerate for about four hours or until it is set to your desired consistency. Dish up and top with extra mango, other fruit, coconut flakes, etc...



Recipes

Easy Salmon Cakes

Ingredients:

2 - 6 oz cans of wild salmon
2 Tablespoons diced red onion
2 Tablespoons mayonnaise
2 eggs
½ teaspoon garlic powder
½ Tablespoon dried dill
½ teaspoon salt
¼ teaspoon pepper
2 Tablespoons cooking oil:
avocado oil, ghee, butter,
coconut oil

Instructions:

Crack eggs into a bowl and whisk.

Add salmon and all other ingredients and mix together well. Separate into quarters, roll into balls and then flatten into patties.

Heat a skillet on medium high heat.

Once hot, add all 4 patties to the pan.

Cook 3 minutes on each side
Serve on top of greens, your favorite grain or as a sandwich.

Bonus: make an aioli with mayo!
Mix ¼ cup mayo with your favorite spices and spread on top of the salmon cakes



Recipes

Sweet Potato Breakfast Hash

Breakfast Sweet Potato hash with onion, spinach, rosemary and cinnamon makes a great side for any protein, especially fried eggs! Quick to prepare, cook and store for leftovers all week long.

Ingredients:

2 large Sweet Potatoes, shredded - about 4 cups
1 large Yellow onion, diced - about 2 cups
4 packed cups Fresh spinach torn or chopped into smaller pieces
4 tablespoons Ghee, or other cooking fat
1 teaspoon Rosemary powder, or 2 teaspoons leaves
1 1/2 teaspoon Fine sea salt divided- use the 1/2 tsp to sprinkle on after each ingredient
1/2 teaspoon Black Pepper
1/4 teaspoon Cinnamon

Instructions:

First, prepare your ingredients- shred your sweet potatoes, dice onions and chop spinach.

Heat a skillet on medium high heat, once hot melt your cooking fat. Add the onions with a sprinkle of salt and cook until translucent, about 5 minutes.

Add the sweet potato, stir to mix with the onions and cook until it is tender, about 5 minutes.

Add the spinach and cook together until wilted about 5 more minutes.

Add the spices and stir to combine, cook for 5 more minutes to develop the flavors.

Serve with fried eggs, breakfast sausage, bacon, etc.



Recipes

Roasted Butternut Squash Soup

A dairy free version of my favorite soup! With roasted butternut, shallot, garlic, rosemary and sage this soup is thick, creamy and flavorful. It's a great base to add pretty much any protein to and I personally love adding meatballs! Butternut can also be substituted with pumpkin or acorn squash.. Or both!

Ingredients:

- 1 Butternut squash, peeled and diced into 1 inch cubes
- 2 Shallots, sliced into rings
- 4 Garlic Cloves, cut in half
- 4 tablespoons Avocado oil (or coconut/olive oil)
- 1 tablespoon Fresh Rosemary, minced
- 1 tablespoon Fresh Sage, minced
- 1-2 teaspoons Fine sea salt divided (1 teaspoon for the roasting veggies, 1 teaspoon to taste after blending)
- 1-2 teaspoons Black Pepper divided (1 teaspoon for the roasting veggies, 1 teaspoon to taste after blending)
- 1 can Full fat coconut milk,
- 2 cups Chicken Broth/ Stock or vegetable broth
- 1/2 Lemon, juiced (about 1 tablespoon)

Instructions:

Preheat the oven to 400 degrees and line a baking sheet with parchment paper. Prepare the squash, shallots, garlic, rosemary and sage. Then, mix them all together in a large bowl with avocado oil. Spread out the mixture on the baking sheet making it as flat as possible. Roast for 45 minutes, until the squash is easy to pierce with a fork.

With 15 minutes left on the timer heat a large pot (that will fit all the vegetables) over medium heat. Add the coconut milk and chicken stock and allow to simmer, but not boil.

Once the vegetables are done add them to the pot. Allow to simmer together for 5 minutes.



Recipes

Easy Vegetable Frittata

This frittata will simplify breakfast and give you leftovers for the week. A great way to use up excess vegetables in one dish! Feel free to mix and match whatever veggies you have on hand.

Ingredients:

- 1/2 medium Yellow onion, diced
- 1 cup sweet potato, shredded
- 1/2 cup mushrooms, sliced
- 2 cups fresh spinach
- 1-2 tablespoons ghee or coconut oil
- 12 eggs, whisked
- 2 teaspoons of garlic powder
- 1-2 teaspoon fine sea salt
- 1 teaspoon Black Pepper

Instructions:

Preheat the oven to 325. Dice your onions, shred your sweet potato and slice your mushrooms. Heat your cast iron or other skillet on medium high heat. When hot melt your ghee or coconut oil. After oil is melted add your onions and mushrooms. Sprinkle with a couple pinches of salt and stir to cover. Allow to cook for about five minutes.

Add the sweet potato and cook for 5-10 minutes or until the sweet potato is soft. While that is cooking crack your eggs into a bowl and whisk. Add the garlic powder, 1 teaspoon of salt and pepper. Add the chopped spinach to your pan and cook until wilted.

If you are using a cast iron skillet, add the eggs directly to it and stir to even out the mixture. Cook for 18-20 minutes- until the middle doesn't jiggle. If you are using a glass pan grease it first, then pour veggies and eggs in together and mix. Cook for 30 minutes or until the middle doesn't jiggle.



Recipes

Chocolate Chip Lactation Cookies

A twist on your favorite chocolate chip cookie! Filled with healthy fats and breast milk supporting flax seed it is the perfect postpartum treat! Leave out the flax if you don't want extra lactation support.



Dry Ingredients:

2 1/4 Cups Almond Flour decrease to 2 cups if adding flax seed
1/4 Cup Tapioca Flour
1/2 teaspoon Baking Soda
1/2 teaspoon Fine Sea Salt
1 Cup Dark Chocolate Chips Enjoy life Brand for dairy free
1/4 Cup Ground Flax Seed

Wet Ingredients:

1/2 Cup Avocado oil or Olive oil
1/2 Cup Maple Syrup
2 Tablespoons Vanilla Extract

Instructions:

Preheat the oven to 350 degrees and line a large baking sheet with parchment paper.

Mix together dry ingredients in a bowl or stand mixer. In another bowl, mix the wet ingredients.

While stirring combine the wet ingredients with the dry. Once mixed, add the chocolate chips.

Using an ice cream or cookie scooper place them about 1.5 inches apart- depending on the size you prefer you can make 12 large cookies or about 20 smaller bite size cookies. Bake for 15 minutes for brown but still chewy cookies.

Enjoy fresh out of the oven because that's when they are the best!! But, if you want to keep some around (esp for nursing mamas) you can freeze them too!

The cookies will last for 1-2 weeks in a ziploc or container on the counter.

Recipes

Peanut Butter & Oat No Bake Lactation Cookies

Ingredients:

2.5 cups of oats (steel cut or sprouted)
¾ cup shredded coconut
1 cup coconut sugar (can sub normal sugar)
½ cup creamy peanut butter
½ cup coconut milk or regular milk
¼ cup cocoa powder
½ teaspoon sea salt
1 teaspoon vanilla
½ cup coconut oil

Instructions:

Measure out oats and shredded coconut into a bowl. Prepare a baking sheet with parchment paper to drop the cookies onto.

Measure out the peanut butter, but save for later.

In a saucepan on medium heat combine the sugar, milk, cocoa powder, salt, and coconut oil. Heat the ingredients while stirring until they are melted and mixed together. Let the mixture come to a boil, while constantly stirring. Allow mixture to boil for ONLY 60 seconds.

Remove from the heat and mix in the vanilla. Mix in the oats, shredded coconut, peanut butter and mix thoroughly.

Using a cookie scoop or a spoon to drop the cookies onto baking sheet, it will make between 12-16 depending on the size.

Allow the cookies to cool on the counter for 20-30 minutes. This will allow the oats to soak up the liquid ingredients.



Grocery Lists

King Soopers | Kroger | City Market Brand Guide

(GF) = Gluten Free
(DF) = Dairy Free

- Wonderful brand Pistachios

Produce Section

- Wholly Guacamole
- Organic Simple Truth Salad Mix, spring mix, arugula, spinach
- Taylor Farms Salad Mixes
- Taylor Farms Organic Greens
- Kroger Stir Fry Kits
- Kroger vegetables
- Love Beets cooked beets
- Harvest Snaps green pea snacks
- Boulder Canyon chips
- Santa Cruz organic juices, lemon juice, lime juice
- Evolution Juices
- Simple Truth Organic Cold Pressed juices
- Suja Organic Juices
- Zevia - soda sweetened with stevia
- Bai Bubbles, drinks
- Simple truth organic coconut water, sparkling coconut water
- C20 Coconut water
- Vita coco water
- Braggs organic Apple cider vinegar drinks
- Simple Truth Organic Kombucha
- GT's Kombucha
- Kevita Kombucha
- Fresh ground nut butter - just raw nuts, peanut, almond
- Del Real shredded meats- carnitas, shredded chicken
- Boar's Head Hummus
- Falafel king Hummus, tzatziki sauce, baba ganoush
- Sabra hummus

Breads

- Oroweat whole grain/ wheat bread
- Rudi's organic bread
- Oroweat organic bread
- Simple truth organic bread
- Dave's killer bread
- Udi's gluten free bread, cookies, muffins (GF)
- Simple Truth Organic ready to bake bread
- Canyon Bakehouse gluten free bread, bagels (GF)
- Izzio bread- sourdough, italian wheat

Milk & Dairy Products

- Haystack Mountain Goat Cheese
- Jumping Good Goat Dairy
- Maple Leaf Cheese
- Simple truth organic feta cheese, goat cheese
- Stony field organic kids yogurt packs
- Chobani full fat yogurt
- Noosa yogurt
- Kite hill almond milk yogurt (DF)
- Simple truth greek yogurt full fat
- Forager organic dairy free cashewgurt (DF)
- Siggis yogurt
- Maple hill yogurt
- Perfect bar
- Nest fresh organic eggs
- Vital farms pasture raised eggs
- Pete and Gerry's organic eggs
- England's best organic eggs
- Kite hill almond milk cream cheese

- Kerrygold butter
- Vital farms pasture raised butter
- The honest stand cheese (DF)
- Simple truth organic cheese
- Horizon organic cheese
- Simple truth organic cold brew coffee
- Simple truth organic milks
- Stok coffee
- Simple truth organic non dairy milks (DF)
- Califia non dairy milks (DF)
- Nut pods (DF)

Packaged Meats

- La Quercia Prosciutto & Pancetta
- Murray's salami
- Boar's Head lunch meat and cheese
- Honey Smoked Salmon
- Aidells sausages & meatballs
- Applegate organic hot dogs
- Simple truth sausages
- Mighty spark sausages
- Teton waters ranch grass fed beef hot dogs
- Charcutnuvo sausages
- Applegate lunch meat
- Simple truth organic lunch meat
- Heritage farm bacon
- Boulder Sausage breakfast sausage
- Simple truth sausages
- Simple truth pork and turkey sausage
- Pure farmland uncured bacon
- Simple truth bacon

Grocery Lists

King Soopers | Kroger | City Market Brand Guide

(GF) = Gluten Free

(DF) = Dairy Free

Frozen

- Aquastar wild pacific salmon
- Private selection wild caught shrimp
- Kroger wild caught fish
- Northport wild alaska sockeye salmon
- Simple truth meats
- Simple truth organic meats
- Laura's Lean Beef
- Redbird chicken
- Perdue chicken breasts
- Boulder Sausage: hot italian sausage, breakfast sausage
- Heritage Farm chicken
- Nada moo ice cream (DF)
- So delicious ice cream (DF)
- Cado ice cream (DF)
- Simple truth organic ice cream
- Alden's organic ice cream
- Amy's frozen meals
- Applegate frozen sausages
- Ian's gluten free (GF)
- Bonafide provisions bone broth
- Cascadium farms organic veggies
- Simple truth frozen veggies
- Simple truth organic frozen veggies
- Against the grain gluten free bagels & bread (GF)
- Simple truth organic sprouted seeded bread
- Van's waffles normal & GF
- Soozy's grain free muffins (GF)
- Live life on the veg cauliflower pizza crust
- Caulipower gluten free pizza (GF)
- Amy's pizza
- Ozuke fermented veggies

Dry Goods

- Primal Kitchen dressings
- Chosen foods dressings
- Sir Kensington's condiments
- Chosen Foods Mayo
- Primal Kitchen Mayo
- Simple truth organic hot sauce
- Stubb's BBQ Sauce
- Simple Truth organic Tamari (GF)
- Thai Kitchen curry paste
- San-J sauces
- The Boulder hot sauces
- Barilla Pasta - chickpea, lentil (some GF)
- Banza chickpea pasta (GF)
- Simple truth organic pasta
- Blue evolution seaweed pasta
- Simple truth organic GF pasta (GF)
- Muir Glen tomato sauce, diced tomatoes
- Simple truth organic tomato sauce
- Hemisfares pasta sauce
- Rao's homemade tomato/pasta sauces
- Barilla traditional pasta sauce
- Classico pasta sauce
- Newman's own pasta sauce
- Tortillas Mexico corn tortillas
- Sustainable seas tuna
- Safecatch tuna
- Wild Planet tuna
- Wild Planet sardines
- Annie's canned soup
- Simple truth organic soups
- Rao's soups
- Safe Harvest dairy free soups
- Amy's organic soups
- Health Valley organic soups

- Kettle & Fire bone broth and soups
- Simple truth organic bone broth & chicken broth
- Pacific bone broth
- Pacific soups
- Simple truth organic whole beans
- Simple truth organic rice
- Simple truth organic canned veggies
- Annie's mac n cheese
- Simple truth organic mac n cheese
- Muir glen canned tomatoes
- Simple truth organic gluten free cake mix (GF)
- Simple truth organic grass fed ghee
- Primal kitchen avocado il
- La tourangelle avocado oil
- Simple truth organic avocado oil
- Simple truth organic bread crumbs
- Lokanto monk fruit sweetener
- Simple truth organic stevia
- Kroger stevia
- Swerve sweetener
- Bob's red mill fours, coconut, chia seeds (some GF)
- Bob's red mill gluten free mixes: pancakes, pizza crust, cornbread (GF)
- Simple truth organic chocolate chips (some DF)
- Simple truth organic nutritional yeast
- Braggs nutritional yeast
- Lily's baking chips (DF)
- Spectrum flaxseed

Grocery Lists

King Soopers | Kroger | City Market Brand Guide

(GF) = Gluten Free

(DF) = Dairy Free

- Enjoy Life chocolate chips (DF)
- Pamela's gluten free mixes (GF)
- Enjoy Life mixes: brownies, pancakes, muffins (GF) (DF)
- Ezekiel cereal
- Love grown cereals
- Nature's Path cereals
- Annie's cereals
- Simple truth cereals
- Cascadian farm cereal
- Purely Elizabeth granola (GF)
- Nature's path granola
- Love crunch granola
- Simple truth organic granola
- Bear naked granola
- Simple truth organic nut milks (DF)
- Horizon organic milks
- Milkadamia milkadamia milk (DF)
- Pacific Oat milk (DF)
- Pacific hemp milk (DF)
- Nature's path organic steel cut oatmeal
- Simple truth organic oatmeal
- Better oats organic quick oats
- Bob's red mill gluten free oats (GF)
- Go raw sprouted seeds, cookie crisps, flax snacks, etc
- Blue bike sprouted snacks
- Bobo's oat bars (GF)
- That's it fruit bar (GF)
- Primal kitchen bars (GF) (DF)
- Go macro bars (GF)
- Larabar (GF) (DF)
- Kind bar
- RX bar (GF) (DF)
- Epic bar (GF)
- Barney nut butter jars & packetes
- RXbar nut butter jars & packets
- Justin's nut butter jars & packets
- Wild friends nut butter & packets
- Simple truth nut butter & packets
- Simple truth organic nut butter
- Chocolove chocolate (some are DF)
- Justin's peanut butter cups (Dark chocolate is DF)
- Organic echo candy
- Free2b sun cups
- Alter eco truffles & chocolate
- Theo chocolate
- Yumearth candies
- Cocomels coconut milk caramels (DF)
- Free & black chocolate
- Black forest organic gummy beans & gummy bears
- TCHO chocolate
- Lily's chocolate
- Skinny dipped almonds
- Little secrets candies
- Siete grain free tortilla chips (GF)
- Que pasa tortilla chips
- Simple truth organic chips
- Late july chips
- Garden of eatin tortilla chips
- Simple truth vegetable chips
- Terra chips
- Hippies DF cheeto like chips
- Veggie straws
- Simple truth popcorn
- Boom chicka pop popcorn
- Dang coconut chips
- Bare apple chips

Grocery Lists

Sprouts Brand Guide

(GF) = Gluten Free
(DF) = Dairy Free

Breads

- Oroweat Bread
- Rudi's Organic Bread
- Dave's Killer Bread
- Nature's Own
- Toufayan Bakeries organic whole wheat pita
- Ezekiel sprouted bread & tortillas
- Silver Hills Sprouted Organic bread
- Alvarado St Bakery Sprouted bread
- Northern Bakehouse gluten free bread (GF)
- Food for life Brown Rice Tortillas (GF)
- Canyon Bakehouse Bread (GF)

Drinks

- Sprouts 100% coconut water
- GT's Kombucha
- Health Ade Kombucha
- Sprouts Kombucha
- Holy Kombucha
- Suja Kombucha & Juices
- Brew DR Kombucha
- La Croix
- Topo Chico Mineral Water
- Sprouts organic juices
- Simply organic juices

Dairy & Lunchmeat

- Oasis organic almond dips
- Sprouts brand hummus
- Hope hummus
- Cedar's hummus
- Bubbies sauerkraut, pickles, etc
- Cleveland Kraut

- Del Real Salsa
- Organic Valley Cheeses
- Sprouts Market Corner Cheeses
- Applegate Naturals lunchmeat, salami, etc
- Columbus Salami - READ LABELS
- True Story brand meats
- Bulk nuts, spices, etc - look for nuts that are just roasted with salt, no canola oil

Frozen Section

- Applegate frozen burgers & breakfast sausages
- Bubba Burgers- grass fed
- The fish market at Sprouts brand- frozen, raw wild shrimp, scallops, Mahi mahi, cod, salmon, etc
- Bear Mountain frozen Bison
- Strauss ground veal
- New Zealand ground lamb
- Organic Prairie pasture raised organic beef
- Pasture perfect grass fed wagyu ground beef
- Niman Ranch ground pork & sweet italian sausage
- Butcher shop grass fed beef jerky
- Orca Bay Wild caught cod, sockeye salmon & ahi tuna
- Cascadian farms vegetables
- Sprouts brand organic vegetables
- Earthbound Farm Organic vegetables
- Bonafide Provisions bone broth
- Wholly gluten free pie crusts (GF)
- So delicious whipped coconut milk cream (DF)

- Birch benders paleo waffles (GF)
- Kashi waffles
- Van's waffles (GF)
- So Delicious ice cream (DF)
- Aldean's organic ice cream
- Udi's gluten free muffins (GF)
- Caulipower GF pizza crust & pizzas (GF)

Fresh Meat

- Butcher shop grass fed ground beef
- Sprouts Brand Meats
- Butcher Counter
- Prairie fresh Natural pork
- Butcher Shop organic chicken
- Pederson's sausages
- Applegate chicken breast
- Niman Ranch uncured canadian bacon, hamsteak
- Applegate organic hot dogs
- Applegate chicken sausages
- Pederson's Kielbasa
- Sprouts brand organic produce & Salad mixes: arugula, spinach, mixed greens, etc
- Taylor Farms Salad Mixes
- Cece's veggie CO: veggie noodles: squash, zucchini, riced cauliflower
- Lifeforce broccoli sprouts

Milk & Dairy Products

- Horizon Organic grass fed, full fat
- Organic Valley, grass fed milk
- Maple Hill Organic grass fed milk
- Vital Farms pasture raised butter

Grocery Lists

Sprouts Brand Guide

(GF) = Gluten Free

(DF) = Dairy Free

- Sprouts brand organic cream cheese
- Organic Valley butter, pasture raised butter
- Kerrygold irish butter
- Good Culture whole milk cottage cheese
- Nancy's organic probiotic cottage cheese, cream cheese & kefir
- Good Karma plant based sour cream, french onion dip, ranch dip (DF)
- Shamrock Farms organic sour cream
- Perfect Bar
- Maple Hill 100% grass fed Kefir
- Redwood Hill Farms Goat Milk
- Green Valley creamery lactose free milk & cream cheese
- Siggi's brand yogurt
- Chameleon cold brew coffee
- Lucky Jack Coffee
- Hail Merry Snacks
- Good Belly Probiotics shots dairy & DF
- Oui full fat yogurt
- Stonyfield organic kids yogurt
- Stonyfield organic yogurt
- Brown Cow whole milk yogurt
- Straus Organic whole milk yogurt
- Organic Valley Grassmilk yogurt
- Redwood hill farm goat milk yogurt
- Bellwether farms sheep milk yogurt
- Nancy's probiotic oat milk
- Cocoyo- coconut milk yogurt (DF)
- Nutpods creamer (DF)
- Milkadamia - macadamia nut milk (DF)
- Silk Oat Yeah Milk (DF)
- So delicious oat milk, coconut creamer (DF)
- Califia farms half and half - coconut cream and almond milk (DF)
- So delicious oat milk, coconut creamer (DF)
- Califia farms half and half - coconut cream and almond milk (DF)
- So Delicious brand dairy free milks (DF)
- Organic Valley Eggs
- Vital Farms pasture raised eggs
- Sprouts organic cage free eggs
- Bob's Red Mill- almond flour, cornbread mix, brownie mix, gluten free flours & mixes, etc. (Some GF)
- Birch Benders pancake and waffle mix (GF) (DF)
- Cascadian Farms organic cereal
- Annie's brand cereal
- Nature's Path Organic cereal
- Ezekiel cereal- sprouted
- Seven Sundays gluten free muesli mix (GF)
- One Degree gluten free sprouted rice crisps, honey o's (GF)
- Purely Elizabeth granola (GF)
- Kind Granola
- Nature's Path granola
- Bobo's oat bars (GF)
- Nature's Path bars
- Bear Naked granola (GF)
- One Degree Sprouted quick oats, rolled oats (GF)
- Bob's red mill rolled oats, steel cut oats (GF)
- Sir Kensington's condiments: ketchup, mayo, mustard
- Primal Kitchen condiments: mustard, ketchup, mayo
- Sprouts brand organic mustards
- Organicville Ketchup
- Chosen Foods Mayo
- Annie's organic ketchup
- Sprouts brand artichoke hearts in water or olive oil
- Jeff's garden peppers, capers, etc.
- Wild planet: sardines, tuna, salmon

Dry Goods

- Sprouts brand peanut butter
- Justin's nut butters
- Maranatha organic nut butters
- Wild friends nut butters
- RX nut butters
- Barney's nut butter
- Sprouts brand organic honey, raw honey
- Glorybee Organic raw honey
- Heavenly organics honey
- Lily's chocolate chips - sweetened with stevia, dairy free
- Sprouts brand: coconut chips, shredded coconut, coconut flour, etc
- Enjoy Life chocolate chips (DF)
- Pamela's brand baking mixes: gluten free, dairy free, brownies, cornbread, etc (GF) (DF)

Grocery Lists

Sprouts Brand Guide

(GF) = Gluten Free

(DF) = Dairy Free

- Sprouts brand wild caught sardines, anchovies, tuna
- Barilla chickpea pasta (GF)
- Banza chickpea pasta (GF)
- Primal kitchen avocado oil
- Chosen foods avocado oil
- 4th & heart ghee
- Sprouts brand grass fed ghee
- Nutiva coconut manna, coconut oil
- Bragg's apple cider vinegar
- Sir Kensington's salad dressings (DF)
- Primal Kitchen salad dressings (DF)
- Tessemae's dressings (DF)
- Chosen Foods dressings
- Muir Glen organic tomatoes, tomato sauce
- Sprouts organic pasta sauce
- Rao's homemade pizza sauce, pasta sauces
- Sprouts pasta sauces
- Sprouts brand canned beans
- Annie's brand mac n cheese
- Sprouts brand organic rice
- Thai kitchen sauces & coconut milk (DF)
- Sprouts brand coconut milk & cream full fat, organic and not (DF)
- Yai's Thai sauces
- Big tree coconut aminos
- GimMe organic seaweed snacks
- Roberto's salsa
- Gilberto's salsa
- Sprouts brand salsa
- Siete hot sauce
- Tapatio
- Cholula
- Kettle Fire soups & bone broth
- Pacific foods organic soups & bone broth
- Epic provisions bone broth
- Paleochef Ketchup, BBQ Sauce
- Enjoy life baked cookies (GF) (DF)
- Simple Mills baked cookies, muffin mixes, etc (GF) (DF)
- Thrive Tribe Paleo cookies (GF)
- Tates Bakeshop cookies
- Sprouts vanilla wafers
- Annie's graham crackers
- Pamela's cookies (GF) (DF)
- RW Garcia crackers (GF)
- Sprouts organic crackers
- Blue Diamond nut thins (GF)
- Mary's Gone Crackers organic (GF)
- Flackers seed crisps (GF)
- Simple mills crackers (GF)
- Sprouts flatbread crackers
- Late july popcorn
- Sprouts organic popcorn
- Hippeas
- Epic pork Rinds
- 4505 Pork rinds
- Bare fruit chips
- Sprouts brand plantain chips
- Siete grain free tortilla chips (GF)
- Horsetooth hot sauce & BBQ sauce
- Coconut secret coconut aminos
- Sprouts organic BBQ sauce
- Annie's BBQ sauce
- Noble Made BBQ sauces
- Epic performance bars
- RXBAR (GF) (DF)
- Larabar (GF) (DF)
- Go macro bar (GF)
- Aloha bar

Grocery Lists

Costco Brand Guide

(GF) = Gluten Free
(DF) = Dairy Free

Refrigerated

- Earthbound farms organic spinach, mixed greens, brussels, etc
- Taylor farms spinach
- Eat smart sweet kale salad
- Wholesum
- Kirkland brand
- Hippie organics
- Goldcoast
- Love beets
- Great Range premium ground bison
- Coleman organic chicken
- Vicky's kitchen prepared meals stuffed chicken
- West end cuisine chicken skewers
- Del real - barbacoa, other meats
- Sabatino's sausages
- High plains bison dogs
- Charcut nuvo sausages
- Maya Kaimal premade soups (some are DF)
- Aidell's meats
- Roberto's salsa (CO local)
- Boulder Sausage - chorizo, • sausages, etc (CO local)
- Wholly guacamole
- Calavo organic guacamole
- Bitchin sauce - dairy free almond based dips CO local (DF)
- Honey smoked fish co smoked salmon
- Beretta uncured meats
- True story lunch meats
- Columbus meats
- Rumiano organic pasture raised cow cheese

- Kirkland cheese
- Perfect bar
- Suja juices
- POM wonderful juice
- Pressery bone broth
- Brew Dr kombucha
- Kerrygold butter
- Organic valley string cheese
- Babybel cheese
- First colony coffee
- Noosa yogurts
- Stonyfield organic yogurt
- Evol burritos and burrito bowls
- Egg Fresh Eggs
- Kirkland Brand Milks, dairy & (DF)

Dry Goods

- Skinny pop popcorn
- Boom chicka pop kettle corn
- Garden veggie straws
- Harvest snaps green pea snack crisps
- Food should taste good chips
- Late july chips
- Essential baking company GF bread (GF)
- Latortilla factory tortillas
- Dave's killer bread
- San francisco bread company sourdough
- Ozery bakery morning rounds bread
- Milton's cauliflower crust
- Ancient grains granola (GF)
- Bear naked granola (GF)
- Nutiva chia seeds
- Seven sundays granola
- World gourmet maca
- Manitoba harvest hemp hearts
- Nutzo nut butter

- Gogo squeez fruit/veggie squeeze packs
- Mama chia fruit squeeze pack
- Thai kitchen coconut milk
- Chosen foods avocado oil mayo, spray and avo oil
- Wild planet tuna
- Big tree farms coconut aminos
- Safe catch tuna
- Kirkland wild salmon
- Season brand sardines in olive oil
- Gogo quinoa GF macaroni pasta (GF)
- Tassos sundried tomatoes
- Mezzetta olives
- 505 salsa
- Mateos salsa
- Primal kitchen BBQ sauce & ketchup
- Pacific foods broth
- RXbar
- Larabar
- Dukes sausages
- Paleo bites
- Simply clustered
- Inno foods coconut clusters
- Pure organic grain and nut bars
- Autumn's gold grain free granola bars
- Health warrior organic granola bars
- Bobos oat bars
- Vital proteins collagen
- Liquid IV electrolyte drink mix
- Bark thins
- Harvested for you sprouted pumpkin seeds
- Wonderful pistachios
- Gourmet nut trail mix
- Happy village dried figs

Grocery Lists

Costco Brand Guide

(GF) = Gluten Free

(DF) = Dairy Free

- Simple mills crackers
- Golden island jerky
- Chef's cut jerky
- Pacific gold grass fed jerky
- Pork Rinds

Frozen

- Rader farms frozen fruit
- Columbia frozen fruit
- Sunrise growers frozen fruit
- Wawona frozen fruit
- Maas river organic frozen veggies
- Garden lites veggie and fruit muffins
- Acai roots acai sorbet
- Trident frozen fish burgers
- Nature raised farms chicken breast strips
- Kirkland brand frozen vegetables & fruit

Drinks

- Kirkland brand Almond, other milk
- Coconut water
- Kirkland brand Sparkling mineral water
- Pellegrino Sparkling water varieties
- Body Armour
- La Croix
- Kirkland brand Sparkling water
- Fever Tree Ginger Beer
- Spindrift sparkling water with fruit



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fresh
or
bust!