

Baton Rouge General and law enforcement 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 & MILK

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

### PASTA ALTERNATIVES:

Bean/lentil/chickpea pastas  
Zucchini noodles

### PROTEIN SUPPLEMENTS:

Iconic®, Evolve®, Orgain®