



TERRAIN GROCERY LIST

ORGANIC ANIMAL PROTEINS

Pasture-Raised, Organic & Certified Humane:

Chicken Eggs

Duck Eggs

Quail Eggs

Turkey Eggs

Goose Eggs

Organic and Pasture-Raised:

Chicken

Turkey

Nitrate/Nitrite Free Deli Meats (moderation)

Nitrate/Nitrite Free Bacon, No sugar added (moderation)

Wild Game

Beef (100% grass-fed and 100% grass-finished)

Buffalo/Bison

Lamb

Forested Pork

ORGAN MEATS

Pasture-Raised, Organic & Certified Humane:

Lamb Kidney

Beef Organs (liver, kidney & heart)

Chicken Liver

Goose Liver

Duck Liver

WILD CAUGHT SEAFOOD PROTEINS

Alaskan Salmon

Halibut

Cod

Haddock

Skipjack Tuna

Sardines

Mackerel

Herring

Anchovies

Arctic Char

Shrimp

Lobster

Scallops

Oysters

Clams

ORGANIC VEGETABLES

Collard Greens

Kale

Spinach

Arugula

Swiss Chard

Endive

Chives

Mustard Greens

Romaine Lettuce

Bok Choy

Beet Greens

Broccoli

Green Cabbage

Cauliflower

Celery

Brussels Sprouts

Onions

Broccoli Sprouts

Red Clover Sprouts

Wild & Garden Asparagus

Radishes

Zucchini

Cucumbers

Turnips

Turnip Greens

Rutabaga

Garden Cress

Summer Squash

Snow Peas

Kohlrabi

Watercress

Shallots

Nori

Bell Peppers

Leeks (moderation)

Jerusalem Artichokes

Globe Artichokes

Dandelion Greens & Root

Bitter Melon

Lemon Zest, Rind & Juice

Cherry Tomatoes (moderation)

Red Chili Peppers (moderation)

Habaneros (moderation)

Scotch Bonnet Peppers (moderation)

Beets (moderation)

ORGANIC OILS & FATS

Avocado oil

Cold-pressed Extra-virgin Olive Oil (glass bottle)

MCT oil

Coconut Oil

Black Cumin Seed Oil

Duck Fat

Sesame Oil

Walnut Oil

Coconut Cream

Mayonnaise made w/ Avocado Oil

Grass Fed Tallow

Lard from pastured/forested Pork

ORGANIC NUT FLOURS

Macadamia Nut Flour (moderation)

Pecan Flour (moderation)

Almond Flour (moderation)

Coconut Flour (moderation)



TERRAIN GROCERY LIST

DAIRY

Pasture-Raised, Whole Fat, Raw Dairy:

- Ghee
- Butter
- Heavy Whipping Cream (moderation)
- Sour Cream (moderation)
- Cream Cheese (moderation)
- Goat Milk

SWEETENERS

- Stevia (moderation)
- Monk Fruit (moderation)
- Chicory Root (moderation)
- Bocha Sweet (moderation)
- Xylitol (if tolerated in moderation)
- Sukrin Gold (moderation)

CONDIMENTS

- Mustard
- Umeboshi Vinegar
- Natto
- Horseradish

HERBS & SPICES

- Paprika
- Epazote
- Oregano
- Basil
- Garlic
- Parsley
- Shepherd's Purse
- Purslane
- Coriander
- Cumin
- Turmeric
- Thyme

- Rosemary
- Ginger
- Real, Non-iodized Salt (Real salt, Redmond's)
- Turmeric
- Fennel

MUSHROOMS

- Turkey Tail
- Maitake
- Shiitake
- Lion's Mane
- Reishi
- Cordyceps
- Chaga

HEALTHY SNACKS

- Miracle Noodles
- Pork Rinds
- Unpasteurized Fermented & Cultured Foods like Sauerkraut, Kimchi, and lacto-fermented condiments
- Kelp Noodles
- Organic Shirataki Noodles

SWEETS

85% or higher Organic, Fair trade chocolate, cacao nibs, or cacao powder (moderation)

ORGANIC FRUITS

- Black Raspberries (moderation)
- Olives
- Persimmons (moderation)
- Barbados Cherry (moderation)
- Avocado
- Capers
- Bilberries (moderation)

- Black Currants (moderation)
- Black Elderberry (moderation)
- Lingonberries (moderation)
- Green Wild Apples (moderation)
- Green Apples (moderation)

BEVERAGES

- Filtered Water
- Unsweetened Herbal Tea
- Sparkling Water
- Lemon Water
- Organic, Pasture-Raised, Chicken Bone Broth
- Broth made from Wild Caught Fish Bones
- Organic, Pasture-Raised, Beef Bone Broth
- Aloe Vera Juice
- Organic, sustainably grown, dry-farmed Red Wine (moderation)

ORGANIC RAW NUTS & SEEDS SOAKED, SPROUTED

- Flaxseeds (moderation)
- Hemp Seeds
- Sprouted Radish Seeds
- Black Currant Seeds
- Macadamia Nuts
- Soaked Pumpkin Seeds
- Chia Seeds (moderation)
- Walnuts
- Pecans