

Simpler Eating



Grocery List Template

iOS Reminders App Template is available [here](#). NOTE: If following the Specific Carbohydrate Diet, it is assumed that packaged products listed include SCD-safe ingredients. See [Breaking the Vicious Cycle](#) for the official list. See [SimplerEating.com/Products](#) for favorites.

DRY ITEMS

- **Baking**
 - Almond flour (blanched)
 - Baking soda
 - Cocoa butter
 - Coconut (flakes)
 - Coconut
 - Coconut (shredded)
 - Coconut butter
 - Coconut cream
 - Coconut flour
 - Gelatin (unflavored)
 - Vanilla extract
- **Canned Fish**
 - Anchovies
 - Herring
 - Mackerel
 - Sardines
 - Tuna (canned)
- **Condiments/Pantry**
 - Almond butter
 - Artichoke hearts
 - Avocado oil
 - mayonnaise
 - Bone broth
 - Capers
 - Cashew butter
 - Guacamole
 - Honey
 - Hot sauce
 - Ketchup
 - Kimchi
- Marinara sauce
- Mustard (dijon)
- Mustard (regular)
- Olives (black)
- Olives (green)
- Olives (kalamata)
- Peanut butter
- Pickles (dill)
- Pizza sauce
- Salsa
- Sauerkraut
- Sun dried tomatoes
- Sunflower seed butter
- Tahini (sesame seed butter)
- Vegetable broth
- Wasabi root
- **Dried Herbs/Spices**
 - Allspice
 - Basil
 - Black sesame seeds
 - Cayenne
 - Chili powder
 - Cinnamon powder
 - Cinnamon sticks
 - Cumin
 - Curry
 - Dill
 - Echinacea
 - Everything but the bagel
 - Garlic (granules)
- Garlic (powder)
- Ginger
- Nutmeg
- Onion (granules)
- Onion (powder)
- Oregano
- Paprika
- Parsley
- Peppercorn (black pepper)
- Poppy seeds
- Red pepper flakes
- Rosemary
- Salt
- Sesame seeds (white)
- Tarragon
- Thyme
- Turmeric
- **Dried Legumes**
 - Black beans
 - Kidney beans
 - Lentils
 - Lima/butter beans
 - Navy/Haricot beans
- **Dried Produce**
 - Apple chips
 - Apricots (dried)
 - Banana chips
 - Blueberries (dried)
 - Cranberries
 - Dates
 - Figs (dried)

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- Prunes
- Raisins
- Strawberries (dried)
- **Nuts & Seeds**
 - Almonds
 - Brazil nuts
 - Cashews
 - Hazelnuts
 - Macadamia nuts
 - Peanuts
 - Pecans
 - Pine nuts
 - Pistachios
 - Pumpkin seeds
 - Sunflowers seeds
 - Walnuts
- **Oils**
 - Avocado oil
 - Coconut oil
 - Macadamia oil
 - Olive oil
 - Sesame oil
 - Walnut oil
- **Powders**
 - Acai berry (dried)
 - Collagen
 - Egg white protein powder
 - Elderberry (dried)
- **Snacks**
 - Applesauce
 - Coconut rolled dates
 - Fruit & nut bars
 - Jerky
- **Vinegars**
 - Apple cider vinegar (no mother)
 - Balsamic vinegar
 - Red wine vinegar
 - White wine vinegar

DAIRY

- Butter
- Egg whites
- Eggs
- Ghee butter
- Milk (for SCD yogurt)
- **Cheese** (aged 30+ days)
 - Asiago
 - Blue
 - Brick
 - Brie
 - Camembert
 - Cheddar
 - Colby
 - Dry curd cottage cheese (<0.5%/oz)
 - Edam
 - Gorgonzola
 - Gouda
 - Gruyere
 - Havarti
 - Limburger
 - Manchego
 - Monterey Jack
 - Muenster
 - Parmesan
 - Port du Salut
 - Provolone
 - Romano
 - Roquefort
 - Stilton
 - Swiss

DRINKS

- Almond milk
- Club soda/Seltzer/Sparkling/Carbonated water
- Coconut milk
- Coffee
- Mineral water
- **Juice**
 - Apple cider
 - Apple juice
 - Cranberry juice
 - Grape juice
 - Grapefruit juice
 - Lemon juice
 - Lime juice
 - Orange juice
 - Pineapple juice
 - Tomato juice
 - Wheat grass juice
- **Tea**
 - Black tea
 - Chai tea
 - Ginger tea
 - Green tea
 - Matcha
 - Peppermint tea
 - Spearmint tea
- **Alcohol**
 - Bourbon
 - Gin
 - Mead
 - Scotch whisky
 - Vodka
 - Wine (very dry)

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MEAT

- **Beef**
 - Brisket
 - Chuck
 - Filet mignon
 - Flank
 - Ground
 - Loin
 - New York Strip
 - Rib
 - Ribeye
 - Shank
- **Chicken**
 - Breasts
 - Ground
 - Sausage
 - Tenderloins
 - Thighs
 - Whole chicken
 - Wings
- **Elk**
 - Ground
- **Fish**
 - Catfish
 - Cod
 - Halibut
 - Mahi mahi
 - Salmon (Atlantic, Coho, Sockeye, etc.)
 - Snapper
 - Swordfish
 - Tilapia
 - Trout
 - Tuna
- **Lamb**
 - Leg
 - Loin
 - Rib chops
 - Rib Drenched chops

- Roast
- Sirloin chops
- **Pork**
 - Baby back ribs
 - Bacon
 - Chops
 - Chorizo
 - Prosciutto
 - St. Louis/Spare ribs
- **Poultry**
 - Duck
 - Goose
 - Pheasant
- **Seafood**
 - Abalone
 - Clams
 - Crab
 - Lobster
 - Mussels
 - Octopus
 - Oysters
 - Prawns
 - Scallops
 - Shrimp
 - Squid
- **Turkey**
 - Deli meat
 - Ground
 - Sausage
 - Whole turkey

FROZEN

- **Frozen fruit**
 - Blueberries
 - Cherries
 - Coconut
 - Mango
 - Mixed berries
 - Peaches
 - Pineapple
 - Raspberries
 - Strawberries
- **Frozen vegetables**
 - Bell peppers
 - Broccoli
 - Carrots
 - Cauliflower
 - Cauliflower rice
 - Green/string beans
 - Mushrooms
 - Peas

Simpler Eating



PRODUCE

- Fresh fruits

- Apples
- Apricots
- Avocados
- Bananas (ripe)
- Blackberries
- Blueberries
- Cantaloupe
- Cherimoya/
Custard apple/
Sharifa
- Cherries
- Clementines
- Coconut meat
- Figs
- Grapefruit
- Grapes
- Honeydew
- Kiwis
- Kumquats
- Lemons
- Limes
- Mandarines
- Mangos
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Persimmons
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerines
- Watermelon

- Fresh herbs/spices

- Basil
- Chili pepper
- Cilantro

- Dill
- Garlic
- Ginger root
- Habanero pepper
- Horseradish root
- Jalapeno
- Mint
- Oregano
- Parsley
- Poblano pepper
- Rellano pepper
- Rosemary
- Tarragon
- Thyme
- Tomatillo
- Turmeric root
- Wasabi root

- Fresh vegetables

- Artichoke (French)
- Asparagus
- Beets
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots (baby)
- Carrots (chips)
- Carrots (shredded)
- Carrots (whole)
- Cauliflower (florets)
- Cauliflower (riced)
- Celery
- Collard greens
- Cucumbers
- Delicata squash
- Eggplant
- Fennel
- Green/String
beans
- Kale
- Leek

- Lettuce
- Mushrooms
- Onions
- Peas
- Pumpkin
- Radish (red)
- Radish
(watermelon)
- Rhubarb
- Rutabaga/Swede
- Spaghetti squash
- Spinach
- Squash (green/
yellow)
- Sugar snap peas
- Tomatoes
- Watercress
- Zucchini

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MEDS

- Advil
- Allergy meds
- Tylenol

HOUSEHOLD

- **Cleaning products**
 - All purpose cleaner
 - Distilled white vinegar
 - Glass cleaner
 - Laundry soap
 - Stain remover
- **Kitchen supplies**
 - Dish soap
 - Dishwasher detergent
 - Foil
 - Freezer bags
 - Parchment paper
 - Sandwich bags
 - Stainless steel scrubbing pads
 - Toothpicks
 - Trash bags
 - Veggie wash
- **Paper products**
 - Bath wipes
 - Napkins
 - Paper Towels
 - Tissues
 - Toilet paper
- Disposable gloves
- Hand soap
- Smoker pellets

PERSONAL

- Body lotion
- Body scrub
- Body wash
- Chapstick
- Conditioner
- Deodorant
- Face mask
- Face moisturizer
- Face sunscreen
- Face wash
- Floss
- Hair product
- Mascara
- Q-tips
- Razors
- Shampoo
- Tooth brush heads
- Tooth paste

CAUTION/OTHER

***Either not highly recommended/use caution OR not indicated as legal/illegal on official list*

- Canola oil
- Chestnut (soaked/cooked)
- Date sugar
- Date syrup
- Diet soda
- Feta cheese
- Miso
- Nutritional yeast
- Tamari