

MY GO TO BRANDS



Perishables

- Milk: Raw Milk, Grass-fed dairy, Maple-Hill, Elmhurst, Three Trees, Malk
- Creamers: Larid's, Four Sigmatic, Using the milks above
- Cottage Cheese/Yogurts: Good Culture, Nancy's Grass-fed, Siggis, Coconutcult, Cocoyo, Cocojune
- Applegate Naturals
- Eggs: (Looking for Organic Pasture Raised) Vital Farms, Pete and Gerry's

Pantry

- Blenderbombs (smoothie boosters!)
- Nut Butters: Nuttzo, Trader Joe's, Whole Foods 365, Ground Up, Santa Cruz Organic
- Broths: Kettle & Fire, Bare Bones Broth, Bonafide,
- Pasta: Banza, Brami, Tolerant Organic, Jovial
- Sauces: Raos, Carbone, Thrive Market Tomato Sauce, Primal Kitchen, Lucini
- Granola: Purely Elizabeth, Blenderbombs, Paleonola, One Degree
- Coffee: Bulletproof, Purity, Four Sigmatic
- Bread: Food for Life Ezekiel, Base Culture, Sourdough
- Dry Sweets: Gogi Berries, Shredded Coconut,
- Sauces/Dressings: Primal Kitchen, Noble Made, Kevin's,
- Protein Powders: Be Well By Kelly, Truveni

Sweets & Treats

- 80x20 Brownies
- Hu's Kitchen Chocolate
- Hu's Grain-Free Cookies
- Evolved
- Good Pop
- Yum Earth
- Simple Mill's Mixes, Cookies, and sweets
- Cosmic Bliss Ice cream (Dairy-free or Grass-fed dairy)

Codes to Try

Thrive Market: At Home, healthy grocery delivery. 25% off your first Order!

Blenderbombs: Smoothie booster & plant-based super foods. Use code "JORDAN" for 10% off

Siete: Use code JVINCK for 25% off

Ground Up: Use code jordanvinck for quality and fresh nutbutters that have a great mission behind them too!

Snacks

- Jerky: Chomps, Epic
- Chips: Siete, Barnana Plantains, Thrive Market Coconut Oil Sweet Potato Chips, Thrive Avocado Oil Potato Chips
- Popcorn: LesserEvil
- Bars: Blenderbombs, Overeasy, Yes Bar, Raw Glo, SANS bars, IQ Bars, Skout
- Crackers: Mary's Gone Crackers, Simple Mills, Flackers, Snack Thins Sea Salt Chia,
- Hummus: Cava, Roots Oil free, The Hummus Guy



Where to Shop

My favorites rotate depending what I want to get but in the rotation:

- Sprouts
- TraderJoe's
- Whole Foods
- Local Farmers Market
- Thrive Market
- Amazon

Check out the stores that are closest to you. Pay attention to what you can get at each and what feels better for you when you consume it.