



VERITAS
KITCHEN

Veritas Basic Healing Diet

WHAT TO BUY AT THE GROCERY STORE

There are still some good options at the grocery store that may be found in glass jars or packaging of some kind. For the most part when grocery shopping you'll want to stick to the perimeters of the store. This will keep a lot of the unwanted, processed foods out of your cart that contain added sugars, rancid oils and other things you can't pronounce! Still, making choices in the deli and dairy departments, for instance, can be daunting. Here you'll see recommended products and some specific brands.

Mentioned brands have been seen at these locations. Availability is not certain.



Natural Grocers
Local Health Food



Market Street
Chain Grocery



Sprouts
Chain Health Food



Costco
Bulk/Membership



Amazon
Online

Fats & Oils

Butter- Kerrygold brand from grass-fed cows.

Ghee- Organic Valley or Pure Indian Foods brand from grass-fed cows. Pure butter fat that is free of lactose or casein. Also known as clarified butter. Highly nutritious. Higher smoke-point than butter. Use it for roasting, sautéing, melted down for marinades and to grease baking pans and dishes, etc. Sometimes found in the refrigerated section.

Coconut Oil- organic and virgin/unrefined is best but there is still nutritional benefit to refined versions. Some brands are expensive but many good options are not. Use for baking, marinating, sautéing, roasting, stirred into your coffee or in a smoothie, etc.

Fermented Foods

Bubbies brand dill pickles, dill relish and sauerkraut- Probiotic-rich foods preserved through the natural fermentation process rather than with heat (pasteurization) and vinegar that kills the food. Bubbies has other products but they are not fermented.

Kombucha- Probiotic, enzyme and B vitamin-rich fermented tea beverage. There are many brands such as G.T.'s, Buddha's Brew and Holy Kombucha to try. Check labels for ingredients and sugar content to choose the one that best fits your taste and needs. Low sugar varieties are OK while using a yeast-kill diet.

Meats & Eggs

Vital Farms brand eggs- If you do not have a local source of pastured eggs from backyard chickens you trust, this is a good brand you can find at some grocery stores. Health food stores often have several varieties of pastured eggs from local sources.

Applegate brand processed meats- particularly breakfast sausages, lunch meat, and grass-fed hotdogs. Hormone, antibiotic, nitrate and nitrite free meats. Natural Grocers has the widest variety of Applegate products.

Pederson's brand processed meats- particularly bacon and sausages. Preservative-free and uncured meats with low sugar.

**Check the cold and freezer sections of Natural Grocers for more good processed meat options. Read labels.

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WHAT TO BUY AT THE GROCERY STORE (CONTINUED)

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Meats & Eggs (continued)

Grass-fed ground beef- You can find grass-fed ground beef and other cuts of grass-fed beef at several locations in Lubbock. Check the butcher counters as well as pre-packaged, fresh meats. Drug Emporium has a small deep freezer in the front of the store that is usually stocked with 1 lb packages of Holy Cow grass-fed ground beef.

Organic chicken- can be found at many locations in Lubbock. The best bang for your buck is at Costco.

Juicy Pork/Lisemby Farms- Lubbock area pork farm featuring pastured Mangalitsa pork.

Dairy

Yogurt- Greek and/or plain, full-fat yogurts. Organic is better. Raw or grass-fed is great but are more difficult to find and often the taste is an acquired one. Brands include: Organic Valley, Nancy's, Strauss

Cream and Half & Half- Raw and grass-fed dairy of any kind from a clean, local dairy is best but there are 'pasture-based' and 'low-temperature pasteurized' options. Look for 'non-homogenized' when buying half & half. Some recommended brands include Organic Valley pasture-raised cream and half & half. Also, Kalona SuperNatural brand products, including milk.

Condiments

Braggs brand- Salad dressings, Apple Cider Vinegar, Nutritional Yeast for seasoning, olive oil, Apple Cider Vinegar drink.

Coconut Secret brand coconut aminos- Slightly sweeter soy sauce replacement.

Real Salt or Celtic Sea Salt brand of salt- Replace refined, white table salt.

Tessemae's All Natural- dressings, marinades and spreads

**Particularly with condiments you want to read labels and avoid a lot of added sugars, toxic oils and soy.*

Other

Non-dairy milks- such as almond or coconut. For baking and cooking, remember to check the baking or Asian food aisle for canned coconut milks and creams, too. Watch those ingredient labels!

MALK nutmilk products- organic almond, pecan and cashew milk

Coconut sugar- such as Madhava, Wholesome Sweeteners or Bob's Red Mill brand. Unrefined and organic is best.

Hail Merry- sweets and treats

Cocoa powder- No sugar. Raw or unrefined is best.

Dark chocolate- Look for less than 10g of sugar or at least 70% cocoa. Look for soy-free such as Enjoy Life brand chocolate chips.

Just Like Sugar- Veritas Kitchen's preferred non-sugar sweetener!