



It's important to be aware of the different labels we encounter in the grocery store and the meanings behind them! So many labels have hidden agendas and don't necessarily mean what you think they might. The marketers behind the labels are going for quantity, not quality. There is a lot of small print on labels that is not advertised. Being knowledgeable about the different definitions of these labels will limit your intake of unhealthy, unknown substances, and chemicals.

NATURAL Do not be deceived when you read this label. Under the protection of this marketing ploy, "natural", lies many misconceptions. Defined by the USDA, a product that is "natural" is one containing no artificial ingredient or added color and is only minimally processed. Minimal processing means that the product was processed in a manner that does not fundamentally alter the product. To think that a natural product is free of MSG or GMO's would be false. Organic is the better option for all food sources.

ORGANIC Animals are given no antibiotics or growth hormones when they are raised organically. Organic food is grown without pesticides and fertilizers made from inorganic substances. Organic does not mean, animal products were sourced from animals on a grass fed diet or that the animals were raised outdoors.

GRASS FED Cows were created to graze on grass; taking in plenty of organic sourced food. Unfortunately, thanks to our society's, "the bigger the better" complex, most cows are fed genetically modified grains, including soy and corn. When shopping, look for animal proteins which were raised grass fed. Grass fed products will contain more nutrients and be free of GMO's, soy, and corn. Some animals are fed grass and then finished off with grains to plump them up before the slaughter. Keep in mind to look for grass finished beef as well as grass fed!

PASTURE RAISED Means that the animals were raised in their native environment. Pasture raised animals are free to munch on as many organic bugs and grasses that occur naturally and are full of pro-life enzymes and nutrients.

FREE RANGE Labels refer to poultry that was raised with access to the outdoors; though, not requiring any special environment. Free range poultry is okay, but there are no guidelines on what they are fed, so it is up to you on how pure you want your poultry products to be. Opting for nature raised animal products, will ensure a healthier and more nourishing intake of protein

WHOLE 30 COSTCO LIST



Fridge	
EGGS	
GUACAMOLE	
COOKED BEETS	
CHICKEN SAUSAGE	
ORGANIC CHICKEN	
HAMBURGER	
COD	
TURKEY BREAST	
ORGANIC SLICED TURKEY BREAST	
BACON	
STEAK	

Pantry	
PINE NUTS	
CASHEWS	
PECAS	
ALMONDS	
ALMOND BUTTER	
CANNED SALMON	
OLIVE OIL	
AVOCADO OIL	
OLIVES	
COCONUT OIL	

Produce - vegetables	
SWEET POTATOES	
ASPARAGUS	
BELL PEPPERS	
BRUSSEL SPROUTS	
CARROTS	
ONION	
ZUCCHINI	
PEAS	
GREEN BEANS	
MUSHROOMS	
AVOCADOS	
LETTUCE	
SPINACH	
SPRING BABY LETTUCE MIX	
TOMATOES	
CUCUMBERS	
SPAGHETTI SQUASH	

Frozen	
BROCCOLI	
VEGETABLE MEDLEY	
PEAS	
GREEN BEANS	
COD	
SALMON	
SHRIMP	
STRAWBERRIES	
MIXED BERRIES	
MANGOS	

Produce- Fruit	
ORANGES	
KEWI	
GRAPEFRUIT	
DATES	
BLUEBERRIES	
BANANAS	
RASPBERRIES	
STRAWBERRIES	
GRAPES	
PINEAPPLE	
MANGO	