



nom nom paleo[®]

MICHELLE TAM'S HANDPICKED FAVORITES

Coauthor of *Ready or Not!*

PRODUCE

- Guacamole
- Pre-Peeled Garlic
- Zoodles
- Prewashed Salad Mix
- Baby Kale
- Cauliflower Rice

MEAT

- Boneless, Skin-On Chicken Thighs
- Panorama* Organic 100% Grass-Fed & Grass-Finished 85% Lean Ground Beef
- Wellshire* Sugar Free & Organic Bacon

SEAFOOD

- Wild-Caught Atlantic Cod Fillets (frozen)

SPECIALTY

- Kite Hill* Ricotta
- La Quercia* Ridgetop Prosciutto

WHOLE BODY™

- Everyone Soap* 3 in 1 Shampoo, Body Wash, Bubble Bath (Coconut + Lemon)
- Vital Proteins* Collagen Peptides & Beef Gelatin
- LunchBots* Duo Divided Lunch Containers
- Desert Essence* Tea Tree Oil & Neem Toothpaste

FROZEN

- 365 Everyday Value*[®] Frozen Vegetables
- Jöne's Gelato*

DAIRY

- Alexandre Kids* Organic Eggs from Pastured Poultry
- Coyo* Coconut Milk Yogurt

GROCERY

- Harmless Harvest* Coconut Water
- Revive* Kombucha Coffee & Spring Fling
- Siete* Cassava Coconut & Almond Flour Tortillas
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- Revive* Kombucha Coffee & Spring Fling
- Siete* Cassava Coconut & Almond Flour Tortillas
- Bonafide Provisions* Organic Beef Bone Broth
- Farmhouse* Organic Culture Gut Shots
- Primal Kitchen* Ranch Dressing made with Avocado Oil
- Primal Kitchen* Avocado Oil
- Otto's* Cassava Flour
- Diamond Crystal* Kosher Salt
- Omnivore* Organic Salt
- Spicely* Dried Herbs
- 365 Everyday Value*[®] Tomato Paste

- Bianco DiNapoli* Organic Whole Peeled Tomatoes
- Rao's* Marinara Sauce
- FungusAmongUs* Dried Mushrooms
- Tonnino* Tuna in Olive Oil
- Primal Kitchen* Mayo
- Red Boat* Fish Sauce
- Big Tree Farms* Organic Coco Aminos
- SeaSnax* Seaweed Snacks
- Siete* Grain Free Tortilla Chips
- If You Care* Parchment Baking Sheets
- Simple Mills* Almond Flour Crackers
- St. Dalfour* Thick Apricot Fruit Spread
- Alter Eco* Dark Blackout Organic Chocolate
- Nature's All Foods* Organic Freeze-Dried Fruits
- Chameleon Cold-Brew* Organic Black Coffee
- Rishi* Organic Everyday Matcha Powder
- PaperChef* Culinary Parchment Large Baking Cups
- Napa Valley Naturals* Balsamic Grand Reserve Vinegar
- Safe Catch* Wild Albacore Tuna

Item availability may vary by location.

