

THM HEB GROCERY LIST

CANNED/JARRED GOODS

Applesauce
Black beans
Chicken
Coconut cream
Coconut milk
Corn
Green Beans
Green Chilies
Kidney Beans
Olives
Peaches
Peanut butter
Pears
Peas
Pickles
Pickled Okra
Pimentos
Pineapples
Pinto beans
Progresso Lite Soup
Pumpkin
Red bell peppers
Salsa
Salmon
Sauerkraut
Tomatoes Green Chilies
Tomato Paste
Tomato Sauce
Tuna

DAIRY/MILKS

Almond Milk
Cashew Milk
Coconut Milk
Cheeses
Cottage Cheese
Cream Cheese
Greek Yogurt (Triple 000, FAGE')
Half & Half
Heavy Whipping Cream
Fatfree Reddi Whip Canned
Sour Cream

FATS/OILS

Butter
Baker's Unsweet Chocolate
Coconut Butter
Coconut Oil
Coconut oil spray
Extra Virgin Olive Oil
Ghee
Lily's Baking Chocolate
Red Palm Oil
Sesame Oil

Flours/Grains/Nuts/Seeds

Almond flour
Almond slivers
Brown rice
Brown rice puffed cereal
Dreamfields Pasta
Chia seeds
Cocoa powder
Coconut flour
Coconut shreds
Corn Meal
Hemp seeds
Old-fashioned Oats
Peanuts
Pecans
Popcorn
Pumpkin seeds
Sesame Seeds
Quinoa
Walnuts

FRESH PRODUCE

FRUIT

Apples
Bananas
Blackberries
Blueberries
Cherries
Kiwi
Lemons
Limes
Mango
Oranges
Peaches
Pears

Plums
Pineapples
Strawberries

FRESH VEGGIES

Acorn Squash
Asparagus
Avocado
Basil
Bell Peppers
Broccoli
Brussel Sprouts
Butternut Squash
Cabbage
Carrots
Cauliflower
Celery
Chives
Cilantro
Garlic
Ginger
Green Beans
Jicama
Kale
Mushrooms
Okra
Onions (yellow/red)
Radishes
Romain Lettuce
Spaghetti Squash
Spinach
Sweet Potatoes
Tomatoes
Yellow Squash
Zucchini

FROZEN PRODUCE

Blackberries
Blueberries
Cherries
Mango
Peaches
Pineapples
Strawberries
Cauliflower
Corn

THM HEB GROCERY LIST

Green Beans
Mixed Veggies
Okra
Spinach
Stir-fry Veggie Mix

MEATS

Bacon
Chicken breasts
Chicken legs
Chicken thighs
Chicken Whole
Deli Meats
Eggs/egg whites
Fish
Ground Hamburger
Ground Turkey
Pork chops
Roasts
Rotisserie Chicken
Shrimp
Steak

PRE-MADE/PACKAGED

ITEMS

Bai Drinks
Black tea
Baked Tostitos Chips
Central Market Blue Corn
Tortilla Chips
Ezekiel Bread
Mission/HEB Low Carb
Tortillas
Coffee
Corn tortillas
Flavored Teas
Green Tea
Grits
Oolong tea
Raisins
Sugar-free syrup
Quest Bars
Zevias

SPICES/FLAVORS

Almond flavor

Allspice
Banana flavor
Black pepper
Baking powder
Baking soda
Cherry flavor
Chili powder
Cinnamon powder
Coffee flavor
Cumin powder
Curry powder
Dried Chives
Dried Parsley
File powder
Garlic powder
Ginger powder
Gingerbread spice
Ground mustard
Italian seasoning
Maple flavor
Mineral salt
Nutmeg spice
Onion powder
Pink salt
Poultry seasoning
Red pepper
Root Beer flavor
Rosemary
Sea salt
Thyme
Turmeric powder
Xanthan Gum
Yeast
Vanilla flavor

SWEETENERS/CONDIMENTS

Apple Cider Vinegar
Erythritol
Liquid Aminos
Liquid Smoke
Liquid Stevia
Mayo
Blackstrap Molasses
Mustard
Pyure
Red wine vinegar

Relish
Truvia
Vinegar
Worcestershire Sauce
Xylitol