

Southern California Food Resource Guide

Local Farmer's Markets:

<http://sdfarmbureau.org/BuyLocal/Farmers-Markets.php>

Grass fed meats, organ meat, poultry and eggs from pasture-raised animals:
US Wellness Meats <http://www.grasslandbeef.com/StoreFront.bok?affld=165818>
<http://www.eatwild.com/products/california.html>

Local Source: Primal <http://www.primalpastures.com>

Grass fed beef bones for stock:

<http://www.grasslandbeef.com/StoreFront.bok?affld=165818>

Sausage/Burgers:

Applegate Natural's Turkey Breakfast Sausage

Deistal Organic Ground Turkey

Organic Prairie Uncured Bacon

Grass fed Ghee:

<http://caterpillarnutritionandwellness.com/2013/10/100-organic-ghee-from-grass-fed-cows-8oz-jar/>

Sea Vegetables:

Sea Tangle Mixed Sea Vegetables

<https://www.seaveg.com/shop/>

Sea nax <http://www.seasnax.com/>

Fermented Foods:

Ozuke Pickles and sauerkraut

Frmhouse Culture Saurkraut

Goldmine

Noodles:

Nasoya Shiratake

Seatangle Kelp Noodles

Dairy:

Strauu Family <http://strausfamilycreamery.com/products/organic-dairy-products>

Capretta http://www.sierranevadacheese.com/goats_milk_products.php

Old Chatham Sheep Yogurt , plain Black Sheep Cheese

<http://www.blacksheepcheese.com/nutrition/>



Your true path to wellness.

Non-dairy:

Coconut Grove Coconut Yogurt

Oils:

Avohaus Avocado Oil

McEvoy Ranch Organic Extra Virgin Olive Oil

Spectrum Organic Extra Virgin Olive Oil

Coconut oil:

Nutiva <https://store.nutiva.com/coconut-manna/>

Artisana <http://www.artisanafoods.com/coconut/>

Flour:

Coconut Secret Coconut Flour

Bob's Red Mill Almond Flour

<http://caterpillarnutritionandwellness.com/2014/02/paleo-wraps-coconut-wraps/>

Salt:

Celtic Sea Salt <http://www.celticseasalt.com/>

Himalayan Sea Salt <http://www.himalasalt.com/>

Organic Coffee:

Lofty Coffee Co. <http://loftycoffeeco.com/>

Tea:

Traditional Medicinals Tea

Organic India Tulsi Tea

Numi Organic Tea

Mighty Leaf Tea

<http://caterpillarnutritionandwellness.com/2013/11/domatcha-green-tea-organic-matcha-1-0-ounce-tin/>

Gluten Free Bread/Wraps:

Paleo Wraps <http://paleowrap.com/>

Johanna's

Seasnax <http://www.seasnax.com/>

Crackers:

Raw Mineral Crusts/Raw Mineral Breakfast Crusts

Chips:

Simply Kale Chips

Tarahumara Heirloom Blue Corn Chips



Protein Powders:

Source Organic Grass Fed Whey <http://sourceorganicwhey.com/>

Now Pea Protein, Toffee <http://www.nowfoods.com/Pea-Protein-Vanilla-Toffee-2-lbs.htm>

Filtered water:

<http://www.carlsbadalkalinewater.com/alkaline-water-delivery.html>

<http://www.sandiegopurewater.com/> (House Filtration – ask for Bob)