

## SIBO Specific Diet Grocery List – *New Seasons Market*

This list includes processed products that have listed ingredients that are compatible with the SIBO Specific Diet. It does not account for unlisted ingredients that are under 2% of the total product. When various brands are available, be sure to check ingredient labels. It's important to test products to see what works best for each person. Don't see a product you recommend? Contact [us](#) and we'll add it to the list!

### DRINKS

- Bragg's apple cider vinegar & honey drink \$3.29
- Tejava unsweetened tea \$2.19

### FROZEN FOODS

- Frozen veggies without additives (various available, check labels)
- Frozen blueberries (various available, check labels)
- Woodstock frozen organic bananas \$3.49

### REFRIGERATED PRODUCTS

- Pickled Planet or Bubbies' Sauerkraut \$7.99
- Farmhouse Culture gut shot classic \$6.99
- [Applegate roast beef](#)
- [White Mountain Bulgarian yogurt](#) \$6.59 for 32 oz, \$3.99 for 16 oz

### DELI

- Hard cheese, aged 30+ days
- Olives
- Prosciutto (check labels, should only contain pork and salt)

### CANNED & PACKAGED PRODUCTS

- Paleo Krunch Bar original and pumpkin \$2.99

- Sunfood vegan coconut wraps \$13.99
- Fatworks tallow \$19.99
- Lucini garlic olive oil \$14.99
- Nutiva organic coconut butter \$12.99
- Coconut and olive oils, various brands
- Wild Planet wild sardines in olive oil or spring water \$3.19 (various brands)
- Crown Prince anchovy paste (wild caught) \$3.29
- Natural Directions wild caught pink salmon \$2.95
- Safe Catch wild albacore tuna \$4.99 (various brands)
- Native Forest *Simple* Coconut Milk \$3.79
- Primal Kitchen avocado oil mayonnaise \$9.99 (various brands)
- Natural Directions mustard \$2.49 (various brands)
- Various canned vegetables
- Bob's Red Mill Almond Meal/Flour \$15.99
- Let's Do Organic unsweetened dried shredded coconut \$3.99
- Super Seedz Pumpkin Seeds \$4.69
- Almond butter (various brands)
- Peanut butter (various brands)
- Wild Friends organic honey sunflower butter \$9.99