

Dr Sharla's Shopping Recommendations

Grass Fed Beef Pasture-Raised Chicken & Pork:

C&J Butcher Shop
400 S Morgan St. - Granbury
817-579-8077

Burgundy Pasture Beef
800 McDuff Ave - Grandview
817-866-2247
www.burgundypasturebeef.com

Campbell's Classic Dairy
Regina Campbell 817-875-7672
1637 CR 312 Cleburne, TX 76031
www.campbellsclassicdairy.com

www.USWellnessMeats.com
www.GrassfedTraditions.com
HEB (some items)

Raw Cheese:

HEB (in the organic cheese section)

Veldhuizen Dairy
Stephenville 254-968-3098
www.veldhuizencheese.com

Raw Milk from Pasture-Raised Cows:

Campbell's Classic Dairy
Regina Campbell 817-875-7672
1637 CR 312 Cleburne, TX 76031
www.campbellsclassicdairy.com

Veldhuizen Dairy
Stephenville 254-968-3098
www.veldhuizencheese.com

Organic Virgin Coconut Oil:

Health Nutts - Granbury

www.tropicaltraditions.com - (buy the gold label)
if you do not like coconut flavor - try their green label

Eggs from Free Range, Non GMO fed chickens:

Campbell's Classic Dairy
Regina Campbell 817-875-7672
1637 CR 312 Cleburne, TX 76031
www.campbellsclassicdairy.com

Health Nutts
3135 Fall Creek Hwy
Granbury, TX

Raw Local Organic Honey

Good 2 Bee Natural
Tom Green 817-683-4513
Jada Green 682-500-4260
g2bnatural@yahoo.com

Health Nutts - Granbury

Organic, Non-GMO Fruits & Vegetables:

Kroger
HEB
Health Nutts (local produce during summer mths)
Farmers Markets
Central Market (Hulen/I-30 in FW)
Whole Foods Market (Arlington)

Raw Butter:

www.GrassfedTraditions.com

Veldhuizen Dairy
Stephenville 254-968-3098

Almond Flour:

Vending Nut Company - Ft Worth
Health Nutts - Granbury
www.digestivewellness.com

Organic, Non-chemical based personal care & cleaning products:

www.tropicaltraditions.com