

Dr Sharla's Shopping Recommendations

Grass Fed Beef & Pasture-Raised Chicken:

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

Sandy Acres Farm, LLC, Granbury, TX
Jennifer Black 432-413-2993 or j.black7879@gmail.com

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

www.USWellnessMeats.com

www.GrassfedTraditions.com

HEB (some items)

Raw Milk from Pasture-Raised Cows:

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

Raw Cheese:

HEB (in the organic cheese section)

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

Organic Virgin Coconut Oil:

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:

Ask around! There are many home-grown egg sources!

Raw Local Organic Honey

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

Organic, non-GMO Fruits & Vegetables:

Kroger
HEB
Farmers Market
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

www.digestivewellness.com

Organic non-chemical based personal care & cleaning products:

www.tropicaltraditions.com