

Where to buy peak foods

Updated July 2012

I have searched all over Phoenix trying to find the lowest prices for the recommended foods on the peak food list. Here is what I have found for many of the items.

Trader Joes

Organic heavy cream
Organic butter (if you must do cow)
Cheese, goat and sheep varieties (Costco may be less expensive)
Sour cream
Dried fruits – mango, pineapple etc.
Heirloom tomatoes
Organic red potatoes
Organic raspberries, strawberries, grapes (sometimes they don't have them)
Mandarin oranges
Spring water
Salmon – canned, no salt
Kidney beans
Olives
Maple syrup – grade B
Corn chips – organic (regular salt)
Tortilla chips – organic, unsalted
Papaya (seasonal)
Pasta – brown rice, penne
Olive oil – cold pressed
Popcorn kernels – organic
Horseradish– prepared (not as good as fresh)
Avocados

Whole Foods

Organic barley flakes – bulk
Organic hard red winter wheat, bulk
Bison – fresh (also at Fry's)
Organic vegetables – good selection
Seafood – wild caught
Mango – dehydrated or dried, bulk
Salad dressings – made with veganise
Mustard – good selection

Sprouts

Goat butter
Real Salt
Garden of Eden sprouted muffins
Organic raspberries (more expensive)
Horseradish – root
Bubbies
Anaheim peppers
Red onion – freeze dried

Parsley – freeze dried
Figs
Mustard – no salt
Papaya
Avocados (Lee Lee's is cheapest)
Crook necked Squash (also Fry's)
Pasta – buckwheat spaghetti (with oriental food)

Healthy Habit

Organic tamari
Powdered goat milk
Goat kefir
Real salt
Veganise
Harry's tooth powders and oils
Bubbies (may be a better price)
Barley flour
Lecithin granules – non-GMO
Baking Powder – no aluminum
Cell Power
Super Silica
Sunflower oil
Hydrogen Pyroxide – food grade
Miracle II soap, neutralizer and moisturizer
Honey – from Arizona

Mustard Seed Herbarry

Real salt
Bee pollen
Honey – from Arizona
Raspberry jam (organic with xylitol)
Syrup – Grade B
Single herbs in pill form (for organ repair)
Cashew Boomi Bar
Tampons - cotton

Lee Lee's Oriental Market

Duck eggs
Avocados (best price)

Chakra 4

Herbs for making teas

MountainRoseHerbs.com

Herbs for making teas – better price

Costco

Cheese, goat and sheep varieties
Storage containers, glass

Costco Business Center

Cheese, usually sheep Romano
stainless steel utensils

Living Beyond Organic - lborganic.com	Coffee – Papua New Guinea Elephant garlic blend Red Beet Powder
Coffee Bean & Tea Leaf	Coffee Beans – Papua New Guinea
BevMo	Red wine – aged 7 years +
AIM International	Red Beet Powder
World Market	Storage containers, glass
Target	Organic produce
Nurtured Living – place order	Peak Herbal tinctures, B-Complex, etc.