

## Healthy Packaged Foods

Products can be found at Whole Foods, Rainbow, Bi-Rite, Trader Joes, Costco, and Safeway

### Bread

*Alvarado Street Bakery* sprouted whole grain bread  
*Ezekial Food For Life* sprouted whole grain bread  
*Anna's Daughters* bread

### Dairy

*Kerrygold* butter  
*Strauss* or *Nancy's* yogurt & cottage cheese  
*San Benoit* yogurt

### Proteins

*Applegate Organic* frozen breakfast sausages  
*Wild Planet* canned tuna, sardines, and wild salmon  
*Eden Organics* canned beans

### Condiments / Sauces / Spreads

*Tessemae's* salad dressings, marinades, and sauces  
*Coconut Secret* coconut aminos (instead of soy sauce)  
Nut Butters with no added oils (*Artisana*, *Once Again*, *Justins*)  
Hummus (*Lily's* or *Athenos* brand)  
*Imagine* boxed broths

### Chips & Crackers\*

*Boulder Canyon* Avocado Oil Canyon Cut Sea Salt Potato Chips  
*Good Health Natural Foods* Avocado Oil Potato Chips  
Kale Chips by *Alive & Radiant*, *Lydia's Organic*, *Pacific Northwest*, and *Vampire*  
*Seasnax* seaweed snacks  
*Mary's Gone* crackers  
*Edward & Sons* rice crackers  
*Ak Mak* crackers

### Snack Bars\*

*Larabars*  
*Tanka Bars* (jerky)  
*Epic Bars* (jerky)  
*Kit's Organic* fruit & nut bar  
*Go Raw* live granola bars

### Sweet Treats\*

*Wonderfully Raw* coco-roons  
*Hail Merry* macaroons & miracle tarts  
*Theo* Pure 85% chocolate  
*Equal Exchange* 88% dark chocolate  
*Trader Joe's* organic 72% cacao Belgian dark chocolate bar

### Beverages

*San Pellegrino* mineral water  
*R.W. Knudsen* 100% juices (have ¼ glass with water)  
*So Delicious* Unsweetened Coconut Milk  
*Pacific* Unsweetened Almond Milk

\*Even clean labeled treats are still that – treats. Please enjoy in moderation!