

BRANDS & GROCERY STORE ITEMS

BREADS

- Dave's killer Breads (seeded breads)
- Dave's killer English Muffins
- Toufayan Bakeries (sprouted pitas or wraps)
- Ezekiel bread (frozen section of the store)
- Udi's Gluten-free Bread (frozen section of the store)
- Sunfood Coconut Wraps

YOGURTS, KEFIR, AND MILK

- Siggí's Icelandic style yogurt or smoothies (plain or flavored – flavored versions contain lower amounts of added sugar)
- Fage Total or 2% Greek Yogurt (plain)
- Organic Valley regular or Greek
- Kite Hill (non-dairy yogurt)
- Lifeway Kefir (whole or low fat, plain)
- Fairlife Milk (2% or greater)
- Organic Valley Milks
- Milkadamia Milk (unsweetened or original)
- MALK Almond Milk (unsweetened)
- Califia Farms Almond Milk (unsweetened)
- Planet Oat Milk (unsweetened or original)

CHEESE AND BUTTER

- Good Culture Cottage Cheese
- Nancy's Cottage Cheese
- Horizon Cheeses (organic if desired)
- Athenos Feta Cheese (block & crumbled)
- Kerrygold Cheeses
- BelGioioso Parmesan cheese (block)
- Andrew & Everett Cheeses (snack bars)
- Kerrygold Irish Butter
- 4 th & Heart Ghee

ENERGY BARS

- RX Bar
- Lara Bars
- Go Macro
- Epic
- Flexxbarcompany.com (online, "FORD" discount code at checkout)

SALAD DRESSING, OILS, AND VINEGARS

- Bragg's Apple Cider Vinegar
- Spectrum Olive Oil
- California Olive Ranch Extra Virgin Olive Oil
- Primal Kitchen Avocado Oil
- Nutiva Unrefined Coconut Oil
- TESSEMAE Dressings & Condiments
- Annie's
- Newman's Own Dressings
- Stonewall Kitchen Pesto
- Simply Heinz
- Annie's Barbecue Sauce
- Stubb's Barbecue Sauce

CEREAL

- Quaker Rolled Oats (quick cooking)
- Bob's Red Mill Whole Oats or Steel Cut Oats
- Purely Elizabeth Granola
- Bakery on Main cereal or granola (gluten-free)
- Cascadian Farms (purely Os, hearty morning fiber)

SPREADS

- Peanut butter-ground in store or Smuckers Natural
- Almond butter- ground in store or MaraNatha
- Justin's Peanut Butter or Almond Butter (plain varieties)
- Woodstock Mayo
- Just Mayo
- roots hummus
- Hope hummus
- Wholly Guacamole

PASTA SAUCE

- Mario Batali Marinara Sauce
- Newman's Own
- Green wise Publix
- Cucina Antica
- RAO's Tomato Basil

GRAINS, RICE, AND PASTA

- Near East – cous cous, rice, bulgur wheat (plain varieties)
- Rice Select Organic Brown Rice
- Lundberg brown basmati or most varieties
- Seeds of Change
- Ancient Harvest
- Bionaturae whole wheat pasta
- 365 Whole Foods brand
- De Cecco – pasta and gnocchi
- Cybele's Free to Eat (veggie pastas)
- Jovial (gluten-free pasta)

SOUPS

- Pacific
- Wolfgang Puck
- Annie's
- Amy's kitchen
- Trader Joes

CANNED MEAT AND TUNA

- Safe catch tuna
- Wild Planet (tuna, chicken breast)

DRINKS AND BEVERAGES

- Waterloo
- Voss sparkling
- Perrier
- Spindrift (Trader Joe's)
- Mountain Valley
- Poland Spring
- GT's Kombucha
- Brew Dr. Kombucha
- Numi Teas

SNACK ITEMS

- Krave Jerky (turkey or beef)
- Epic bites (turkey, beef or salmon)
- From the Ground Up - crackers
- Mary's Gone - crackers
- Rhythm fruit and veggie chips
- Bare fruit and veggie chips/crisps
- Primize flat bread crisps
- Horizon Good & Go
- Planter's Nutrition single serve bags
- Justin's nut butters – single serve
- BIENA chickpea snacks

PICKLES, RELISH, AND OLIVES

- Bubbies
- McClure's
- Woodstock
- Lindsay's naturals
- Mediterranean Organic (olives, roasted peppers)

FROZEN FOODS

- Dr. Praegers – veggie burgers
- Applegate (breakfast chicken sausage, breakfast sausage patties, turkey burgers)
- Stouffers Fit Kitchen frozen meals
- Sweet Earth frozen meals and sides
- Garden Lites – vegetable soufflés (butternut squash, spinach)
- Amy's Kitchen (Mexican casserole, spinach lasagna, vegetable lasagna)
- Evol
- Luvo
- Kodiak Power Waffles
- Green Giant – riced veggies, frozen vegetables (plain)
- Alexia (sweet potato fries, oven reds, Yukon gold)