

**Updated: 12/15/2020**

**TRADER JOE'S**

**Cod** TJ's Alaskan - TJ  
**Sole** TJ's Dove Fillets – TJ  
**Pork Loin Roast** TJ's Boneless in Butcher Shop - TJ  
**Ground Beef** Glatt Terra Kosher Food Angus Ground Beef - TJ  
**Eggs** Brown TJ's Organic Cage Free Extra Large TJ  
**Eggs** Brown TJ's Organic Cage Free Large – TJ  
**Eggs** Brown Free Range Grade A Large Brown and Extra Large Brown - TJ  
**Broth Chicken** TJ's Organic Free Range– TJ  
**Soup** TJ's Organic Butternut Squash Soup SKU #911207 – TJ  
**Soup** TJ's Organic Creamy Tomato Soup Low Sodium SKU 0091019 - TJ  
**Soup** TJ's Organic Creamy Tomato Soup SKU 00290906 – TJ  
**Soup** TJ's Autumnal Harvest Soup SKU 00632164 – TJ  
**Soup** TJ's Carrot Ginger Soup 32 oz SKU 00810784 – TJ  
**Soup** TJ's Latin Style Black Bean Soup 32 oz SKU 985994 – TJ  
**Soup** TJ's Creamy Corn & Roasted Pepper Soup 32 oz – TJ  
**Soup** TJ's Organic Tomato & Roasted Red Pepper Soup Low Sodium – TJ  
**Soup** TJ's Condensed Cream of Portabella Mushroom Soup 11 oz SKU 948043 - TJ  
**Broth** Chicken TJ's Organic Low Sodium Chicken Broth SKU #870634 – TJ  
**Broth** Chicken TJ's Organic Free Range Chicken Broth 32 oz SKU 3041060 - TJ  
**Broth** Vegetable TJ's Organic Hearty Vegetable Broth SKU #215091 – TJ  
**Stock** Vegetable TJ's Organic Vegetable Stock SKU #582131 – TJ  
**Stock** Vegetable TJ's organic Vegetable Low Sodium SKU #985512 – TJ  
**Olive Oil** TJ's Unfiltered org Greek Extra Virgin Athinolia - TJ  
**Olive Oil** TJ's Premium 100% Greek Kalamata Extra Virgin Olive Oil - TJ  
**Butter** TJ's Organic Sweet Cream Unsalted – TJ  
**Almond Butter** TJ's Salt-free Almond Butter – TJ  
**Almond Butter** TJ's Raw Crunchy No Salt Almond Butter 16 oz – TJ  
**Almond Butter** TJ's Raw Creamy No Salt Almond Butter 16 oz – TJ  
**Peanut Butter** TJ's Organic Valencia Peanut Butter – TJ  
**Peanut Butter** Creamy or Crunchy Salted or Unsalted – TJ  
**Honey** TJ Mostly Mesquite Honey US Grade A 3 lb PLU #15349 Mexico – TJ  
**Honey** Round Rock Honey PLU #827640000487 Round Rock, TX – TJ  
**Honey** TJ OSO Good Argentine Honey Multi-Floral #lb PLU #642002 Argentine, TJ  
**Honey** TJ Multi-Floral and Clover honey 12 oz PLU #960717 – TJ  
**Sugar** TJ Organic Coconut Sugar 1 lb PLU #960717 - TJ  
**Maple Syrup** Trader Joe's Organic Maple Syrup Grade A 12 oz – TJ  
**Maple Syrup** Trader Joe's Organic Maple Syrup A 12 oz PLU #549813 Canada - TJ  
**Maple Syrup** TJ's Organic Creamy Spreadable Maple Butter Maple Syrup 9.5 oz SKU 00633840 - TJ  
**Artichokes** TJ's Marinated Grilled Artichoke halves 12 oz SKU #541145 – TJ  
**Apple Sauce** Organic Apple Sauce 4-4 oz Cups SKU 531740 – TJ  
**Cheese** Jarlsberg Semi Soft Part-Skim Chees - TJ  
**Cheese** Feta Crumbled – TJ  
**Cheese** TJ's All Natural Fresh Mozzarella Cheese PLU #00777261 – TJ  
**Cheese** TJ's Joe's Chevre Creamy Fresh Goat Cheese 5 oz – TJ  
**Cheese** TJ's Montasio Italian Raw Milk Cheese – TJ  
**Cheese** MIFROMA Alpenhorn Switzerland Hard Cheese – TJ  
**Cheese** TJ's Comte Cheese SKU 36023 France – TJ  
**Cheese** TJ's Monterey Jack Cheese SKU 09361 - TJ  
**Sour Cream** Trader Joe's Organic  
**Yogurt** Fage 2% original unflavored in the mid-sz or small container (not 35.3oz or 0%) – TJ, etc  
**Yogurt** TJ's European Style Organic Plain Nonfat Yogurt 32 oz SKU 00905893 - TJ  
**Coconut milk** Trader Joe's Organic Coconut Milk - TJ  
**Coconut Cream** Trader Joe's Coconut Cream - TJ  
**Coconut Flakes** Trader Joe's Coconut Flakes - TJ

**Garlic Powder** Trader Joe's - TJ  
**Beans** Great Northern Trader Joe's Organic (can) – TJ  
**Walnut Halves** Trader Joe's Raw California Walnuts (only if they're lightly colored) - TJ  
**Quinoa and Black Bean infused Tortilla Chips** – TJ  
**Plantain Chips** TJ's 6 oz - TJ  
**Taco Shells** TJ's Original (Pkg of 12) – TJ  
**Coconut Chips** TJ's Organic Unsweetened 8 oz – TJ  
**Crackers** Simple Mills Almond Flour Crackers SKU 56069 00513 - WF  
**Potato Chips** TJ's Organic Potato Chips Kettle Style SKU 548564 – TJ  
**Potato Chips** TJ's Peruvian 170 g – TJ  
**Potato Chips** TJ's Reduced Guilt Kettle Cooked Potato Chips Lightly Salted SKU 00898942 - TJ  
**Tortilla Chips** TJ's Organic Stone Ground Blue Corn, with sprouted amaranth, quinoa & chia seeds  
**Tortilla Chips** TJ's Organic Yellow Corn Tortilla Chips SKU 00740449 – TJ  
**Tortilla Chips** TJ's Organic Unsalted White Corn Tortilla Chips SKU 00916288 - TJ  
**Chips** TJ's Corn Pea Bean & Quinoa Crisps 1.5 oz SKU 00618151 - TJ  
**Tortilla Chips Sweet Potato** Trader Joe's – TJ  
**Tortilla Chips** TJ's Pumpkin Tortilla Chips SKU 55287 – TJ  
**Plantain Chips** Sweet 5.3 oz SKU 550857 – TJ  
**Plantain Crisps** SKU 0069546 - TJ  
**Quinoa Crisps** Corn Pea Bean & Quinoa Crisps 4.5 oz - TJ  
**Arugula** TJ's Wild Arugula (not organic) – TJ  
**Arugula** TJ's 7 oz - TJ  
**Bok Choy** Baby in cellophane packaging – TJ  
**Cabbage** Green & Red with shredded carrots Trader Joe's  
**Celery** TJ's Organic Celery - TJ  
**Cucumbers** TJ's Organic English Cucumbers – TJ  
**Lettuce** Sweet Smallish Gems - TJ's  
**Lettuce** Living Butter Lettuce – TJ  
**Lettuce** TJ's Organic Romaine Hearts – TJ  
**Spinach** TJ's Organic Baby Spinach (remove stems) - TJ  
**Apples** Opal Firstfruits Marketing - TJ  
**Apples** Gala Organic SOF PLU #94133 Product of Chili - TJ  
**Apples** Envy (from New Zealand NOT USA) - TJ  
**Apples** Fuji Organic 2 lb bag - TJ  
**Apples** Mott's Non-Organic Granny Smith – TJ  
**Apples** Kanzi Apples PLU #3605 – TJ  
**Apples** Pink Lady Organic Apples SKU #935647 – TJ  
**Apples** TJ's Pink Lady Organic Apples WA Extra Fancy 2 lb  
**Apples** Granny Smith Daisy Girl Organic Granny Smith 5 Lb PLU #33383012643 – TJ  
**Apples** Gala Organic Stemilt Artisan PLU #94135 USA – TJ  
**Apples** Honeycrisp 32 oz SKU 935678- TJ  
**Apples** Jazz Apples 2 lb SKU 00909624 – TJ's  
**Apples** FUJI Apples WS Extra Fancy 3 lb SKU 00935630 – TJ's  
**Blueberries** Naturipe Organic White with Purple and Green Label SKU 12049 00690 - TJ  
**Lemons** TJ's Lemons 16 oz SKU 917827 – TJ  
**Limes** TJ's Limes 16 oz SKU 904285 - TJ  
**Pears** Stemilt Artisan Bartlett Pears PLU #4409 USA – TJ  
**Pears** Organic Bartlett Pears SKU #938884 – TJ  
**Pears** Bartlett Cheelan Organic Pears PLU #94409 – TJ  
**Pears** D'Anjou Organic Pears PLU #938877  
**Pears** Organic Daisy Girl D'Anjou Pears USA SKU 944161 - TJ  
**Watermelon** American Mellon Seller (added 8/18) – TJ  
**Watermelon** Optima (So Good!) – TJ  
**Beets** TJ's Organic Beets 1 lb PLU #536813 - TJ  
**Broccoli** Organic Broccoli Flower – TJ  
**Cauliflower** Riced Cauliflower – TJ  
**Cauliflower** Florets – TJ  
**Cauliflower** Grilled Cauliflower (Product of Italy) 16 oz SKU 544825 – TJ  
**Cauliflower** Organic Rainbow Cauliflower (Product of Ecuador) 16 oz SKU 605793 - TJ  
**Cucumbers** Hothouse Cucumbers PLU #4593 Canada - TJ

**Kale** Trader Joe's Organic Mixed Baby Kale – TJ  
**Lettuce & Baby Spinach Blend** Organic Baby Red Butter Lettuce & Baby Spinach Blend 5 oz – TJ  
**Greens** Organic Power to the Greens mix of Baby Kale, Chard & Spinach 5 oz SKU 00980883 – TJ  
**Broccoli Slaw** TJ's Organic SKU 00793582 - TJ  
**Peppers** Levarht Orange Bell Peppers – TJ  
**Squash** Acorn Squash PLU #4750 – TJ  
**Squash** Butternut Squash PLU #4759 – TJ  
**Squash** Spaghetti Squash PLU #4776  
**Squash** Spaghetti 4Earth Organic SKU 94776 - TJ  
**Squash** TJ's Delicata Squash Product of USA PLU 4763 - TJ  
**Pasta** Red Lentil Sedanini (delicious lentil-based pasta) – TJ  
**Rice** Basmati Trader Joe's Rice From India – TJ  
**Rice** Cultivated Wild Trader Joe's Rice – TJ  
**Corn** TJ's Whole Kernel Corn 15.25 oz Can SKU #16056 – TJ  
**Soup** TJ's Autumnal Harvest Soup SKU 63216 - TJ  
**Basil Plant** – TJ  
**Bread** TJ's California Style Sprouted Wheat Bread – TJ  
**Bread** TJ's Sprouted Multi-Grain Bread – TJ  
**Bread** TJ's Sprouted Wheat Sourdough Bread 24 oz – TJ  
**Bread** TJ's Sprouted 7-Grain Bread 16 oz - TJ  
**Bread** Ezekiel 4:9 Sprouted Grain Bread 24 oz – TJ  
**Bread** TJ's Cracked Wheat Sliced Sourdough Bread 24 oz – TJ  
**Bread** TJ's Multigrain Sourdough with Sunflower & Sesame Seeds 24 oz – TJ  
**Bread** TJ's Organic Ancient Grain & Seed Bread 20 oz – TJ  
**Bread** TJ's Organic Multi-Grain Bread 20 oz - TJ  
**Water** Trader Joe's Pure New Zealand Artesian Water 1 GAL – TJ  
**Wine** Reggiano Lambrusco Rosso Dolce Le Grotte Italy – TJ  
**Wine** Shaw Pinot Noir California – TJ  
**Wine** Rose Shaw Rose California – TJ  
**Pasta** Organic Whole Wheat Pasta (all varieties) TJ's, DeBoles, Barilla – wherever sold, TJ  
**Pasta** Organic Yellow Lentils & Brown Rice Pasta 12 oz – TJ  
**Pasta** TJ's Fall Zucchette Pasta Butternut Squash 14 oz SKU 00578066 - TJ  
**Hemp Seed** TJ's Raw Shelled 8 oz - TJ  
**Sunflower Seeds** TJ's Raw Sunflower Seeds 16 oz SKU 78320 – TJ  
**Almonds** TJ's Just a Handful of Raw Almonds 16.25 oz (13 individual bags) - TJ  
**Pistachios** TJ's Dry Roasted & Salted Pistachios 16 oz – TJ  
**Pistachios** TJ's 50% Less Salt Dry Roasted & Salted Pistachios 16 oz – TJ  
**Pineapple Rings** TJ's Unsweetened & Unsulfured Dried Pineapple Rings 8 oz - TJ  
**Cereal** TJ's Organic High Fiber O's cereal 16 oz SKU 804271 – TJ  
**Cereal** TJ's Organic Corn Flakes Cereal 12 oz SKU 923316 – TJ  
**Cereal** TJ's Organic Multigrain Hot Cereal 18 oz – TJ  
**Cereal** TJ's Organica Crisp Rice Cereal 12 oz SKU 00672528 - TJ  
**Oats** TJ's Quick Cook Steel Cut 25 oz – TJ  
**Oats** TJ's Steel Cut Organic Oats 30 oz SKU 00504485 - TJ  
**Oats** TJ's Oven Toasted Old Fashioned Organic 18 oz – TJ  
**Oats** TJ's Gluten Free Rolled Oats 32 oz SKU 00957649 - TJ  
**Pumpkin Bread & Muffin Mix** 17.5 oz SKU 00524841 – TJ  
**Pumpkin Pancake & Waffle Mix** 20.2 oz SKU 00930444 - TJ  
**Sunscreen** TJ's Face & Body Sunscreen Lotion SPF 30 6 fl oz – TJ  
**Sunscreen** TJ's Mineral Sunscreen Stick Non-Nano Zinc Oxide SPF 50 0.53 oz - TJ

## **WHOLE FOODS**

**Vinegar** Raw Apple Cider Vinegar by Natural Nector Imported from France – WF  
**Bacon** Wellshire All Natural Turkey Bacon Uncured - WF  
**Bacon** Wellshire All Natural Turkey Peppered - WF  
**Bacon** Black Forest (not packaged but in meat market) - WF  
**Ham** Applegate Naturals Black Forest ham - WF  
**Tuna** American Tuna canned – WF  
**Turkey Dogs** 365 Organic Uncured Turkey Dogs - WF

**Corn** 365 Organic Canned Sweet Corn No Salt Added - WF  
**Corn** Lakeside Canned Corn .48 each - WF  
**Peas** 365 Organic Canned Sweet Peas No Salt Added – WF  
**Beans** 365 Organic Canned Cut Green Beans No Salt Added – WF  
**Beans** 365 Organic Canned Pinto Beans No Salt Added SKU 9948244162 – WF  
**Beans** Bobs Red Mill Large Lima Beans 28 oz - WF  
**Chicken** Bell & Evans Fresh Whole Free Range – W  
**Chicken** Mary's Pasture Raised – WF  
**Ham** 365 Everyday Value Smoked Ham Spiral Sliced Uncured - WF  
**Salmon** Echo Falls Wild Alaskan Sockeye Smoked (note: salty) – TT, WF  
**Coffee** Teeccino Organic French Roast Chicory – S, WF  
**Grape Juice** Kedem Organic 22 fl oz #73490 13131 - WF  
**Lemonade** Santa Cruz Organic Lemonade - WF  
**Lemonade** Santa Cruz Organic Strawberry Lemonade – WF  
**Half & Half** 365 Organic 1Pt. - WF  
**Whipping Cream** Heavy Organic Valley 1Pt - WF  
**Almond Milk** Almond Breeze Unsweetened Unflavored - HM, K, WF  
**Almond Milk** O Organics Organic Original Almondmilk Unsweetened - WF  
**Vanilla Almond Coconut milk** Blue Diamond Unsweetened Almond Breeze – WF  
**Milk** Coconutmilk Beverage Organic So Delicious Unsweetened Vanilla - WF  
**Almond Milk** Pacific  
**Milk** Organic Valley Lactose Free Whole Milk Half Gallon – WF  
**Tomato Juice** RW Knudsen Organic 32 oz – S, WF  
**Yogurt** Sigg's Blueberry Whole Milk Yogurt Drinkable 8 9z SKU #9824800170 – WF  
**Yogurt** Sigg's Vanilla Non-Fat Yogurt Drinkable 32 oz SKU #9824800137 – WF  
**Yogurt** Harmless Harvest plain Organic Dairy Free Coconut Yogurt Alternative 24 oz - WF  
**Coconut Cream** 365 Canned Organic Coconut Cream Unsweetened – WF  
**Coconut Cream** 365 Canned Organic Coconut Cream - WF  
**Cheese** Catamount Hills (in plastic by weight)  
**Cheese** Ford Farm Seaside cheddar (in plastic by weight)  
**Cheese** Mammoth Cheddar  
**Cheese** 365 Goat Cheese Log – WF  
**Cream Cheese** Havarti - WF  
**Coconut** white from Thailand – WF  
**Coconut** Bulk Organic Shredded PLU 9118 - WF  
**Coconut Butter** Maranatha – K, WF  
**Apple Butter** Eden Organic Apple Butter – WF  
**Coconut Oil** Nature's Way Coconut Oil (Small & Med) (don't buy large or liquid) – MS, NG, HM, WF  
**Coconut Oil** Nutiva Organic Virgin Coconut Oil 23 oz/29 oz - WF  
**Salsa** Clint's Texas Salsa Mild SKU #1344000003  
**Macadamia Nut Oil** Australian MAC Nut Oil - MS  
**Peanut Butter** Santa Cruz Organic Peanut Butters – WF  
**Peanut Butter** 365 Organic Creamy Peanut Butter Unsweetened 16 oz - WF  
**Dates** Pitted Deglet Noor PLU 9585 – WF  
**Apples** Organic Granny Smith 94017 USA – WF  
**Apples** Pink Lady Organic Rainier 94130 – WF  
**Apples** Ranier Organic Honeycrisp USA SKU 93283 – WF  
**Apples** Organic Honeycrisp Apples Grown in Washington - WF  
**Cherries** Rainier Red Organic - WF  
**Grapes** Sunview White Seedless Grapes California PLU 94022 – WF  
**Grapes** Sunview Red Seedless Grapes California PLU 94023 - WF  
**Grapefruit** Star Ruby Huamani Peru #4284 - WF  
**Lemons** Sunkist Meyer Lemons 16 oz New Zealand SKU 0504943666 - WF  
**Limes** Covilli Organic Persian Limes 1Lb Bag - WF  
**Mango** Organic Peru Kent Mango PLU 94959 - WF  
**Nectarines** PLU #3035 White Nectarines – WF

**Nectarines** Organic Dulce Vida PLU #93035 – WF  
**Nectarines** YE USA 4378 - WF  
**Oranges** Blood Oranges USA PLU 4381 – WF  
**Oranges** Navel South Africa PLU 604012 – WF  
**Cuties Mandarins** From Chile, Peru, So Africa 3 lb - WF  
**Pears** Rainer Organic Bartlett Pears PLU 94409 – WF  
**Pluot** Red USA 3609 - WF  
**Prunes** Newman's Own Organic Prunes – WF  
**Prunes** Make In Nature Organic – WF  
**Prunes** Bulk (in square plastic containers) – WF  
**Tangelo** TANI Organic Minneola PLU 94383 - WF  
**Watermelon** Two Daughters Red Seeded Watermelon – WF  
**Avocados** Organic Avocados Mexico Emp 338 PLU 94225 – WF  
**Beets** Organic Loose Red Beets Grown in CA, CO - WF  
**Broccoli** Crowns PLU #3082, CA, USA – S, WF  
**Broccoli** Crowns (Not all are good) – WF  
**Broccoli** Organic (Most are not good) – WF  
**Broccollette** Earth Bound Farm Organic 93277  
**Cabbage** Organic Green 94069 – WF  
**Carrots** 365 Organic 2 Lbs Bag - WF  
**Chard** Green Organic Cal-Organic PLU #94586 USA – WF  
**Celery** Natures Choice Organique SKU 5171000602 – WF  
**Celery** Organic - WF  
**Cucumbers** Pure Flavor Canada 4593 - WF  
**Kale** Green Kale Organic PLU #94627 – WF  
**Kale** Dino organic PLU #93166 CA, USA – WF  
**Lettuce** Earthbound Farms Romaine Hearts (in plastic bag) – MS, WF  
**Onions** Red Onions PLU #4082 NV, USA – WF  
**Onions** Yellow Onions Organic 3 lb 365 Everyday Value SKU #9948240584 CA USA – WF  
**Onions** Yellow 365 Organic 3lb Bag – WF  
**Onions** Cal Organic Green Onion (Chop off ¼ of Green Stem due to Mold) S, WF  
**Pumpkin** Organic Pie Pumpkin Grown in Mexico/California – WF  
**Parsnips** Organic Parsnips Grown in CA, TX, Mexico - WF  
**Spinach** Earthbound Farms Baby Spinach – MS, WF  
**Squash** Acorn Squash USA 94750  
**Squash** Table Queen Acorn Squash Grown in California - WF  
**Squash** Butternut Capay Organic Butternut Squash USA 94759 – WF  
**Squash** Butternut Organic Squash Grown in CA - WF  
**Squash** Delicata Organic Inaba Farms 94763 – WF  
**Squash** Spaghetti Squash Hummingbird Produce USA 94776  
**Squash** Spaghetti Squash Grown in California - WF  
**Squash** Zucchini Squash - WF  
**Sweet Potatoes** Hannah – WF  
**Sweet Potatoes** Sweet Potatoes - WF  
**Tomatoes** Village Farms 4664 – WF  
**Tomatoes** Wholegrown Organic Harvest Tomatoes PLU 94799 – WF  
**Tomatoes** Organic Wholesum Tomatoes (Large Tomatoes) 94799 – WF  
**Tomatoes** Good Farms Organic Whole Trade Roma Mexico 94087 - WF  
**Broccoli Florets** 365 Organic Frozen 16 oz - WF  
**Green Beans** 365 Frozen Organic Cut Green Beans 16 oz – WF  
**Green Beans** 365 Frozen French Style Green Beans 16 oz - WF  
**Bread** Whole Foods Sourdough Sprouted Wheat - WF  
**Bread** Whole Foods Pan Sourdough - WF  
**Bread** Whole Foods Bakery Honey Spelt - WF  
**Bread** Whole Foods Bakery Cranberry Walnut - WF

**Bread** Whole Foods Bakery Honey Spelt Bread - WF  
**Bread** Heartland Honey Wheat – WF  
**Bread** Canyon Bakehouse Gluten-Free Bread Mountain – WF  
**Bread** Julian Bakery Paleo Bread – WF  
**Bread** Natural Nectar Gluten Free Crackle Bread – WF  
**Bread** Sourdough Baby Boule 10 oz SKU #26493800000 – WF  
**Bread** Whole Wheat Sourdough Bread 20 oz SKU #23052400000 - WF  
**Crispbread** Finn Crisp This Rye Crispbread with Sourdough Rye Lantmannen Cereal Oy Helsinki - WF  
**Chapatti** whole wheat 365 Organic Chapatti – WF  
**Matzos** whole wheat Yehuda - WF  
**Maple Syrup** Coomb's Family Farms - Organic Grade A - CM, WF  
**Maple Syrup** Tree Hive Maple Syrup + Honey 8.5 oz – WF  
**Sweetener** 365 Organic Stevia Extract Liquid 2 oz – WF  
**Sweetener** Swerve the Ultimate Sugar Replacement Granular 340 g – WF  
**Sweetener** Natural Birch Xylitol Sweetener 16 oz Product of Finland - WF  
**Sweetener** SweetLeaf Stevia Powder – WF  
**Sweetener** SweetLeaf Sweet Drops Sweetener Vanilla Crème 2 oz – WF  
**Sweetener** SweetLeaf Sweet Drops Sweetener English Toffee 2 oz – WF  
**Sweetener** SweetLeaf Sweet Drops Sweetener Stevia Clear 2 oz – WF  
**Sweetener** Swerve 12 oz Bag – S, WF  
**Sweetener** Lakanto Monkfruit Sweetener With Erythritol Golden Non GMO – WF  
**Sweetener** Lakanto Monkfruit Sweetener With Erythritol Classic Non GMO – WF  
**Carob Powder** Chatfields Carob Powder – NG, WF  
**Coconut** Let's Do Organic Shredded Coconut, Coconut Flakes (not the yellow ones) – MS, WF  
**Figs** Bulk Coconut Covered Figs (Don't get them if it hasn't been refilled recently) – WF  
**Sunflower Seeds** Hulled Raw Sunflower Seeds Bulk - WF  
**Tortillas** Food For Life Brown Rice Tortillas – WF  
**Tortillas** 365 Organic Corn – WF  
**Tomato Paste** Bionaturae Organic Tomato Paste – WF  
**Millet** Organic Hulled 5870 – WF  
**Pumpkin Seeds** Conv. Bulk 6032 – WF  
**Cacao** Nips Navitas Cacao Nibs 8 oz - WF  
**Rolled Oats** Bulk Organic – WF  
**Rolled Oats** Farmers We Know Gluten Free Sprouted 24 oz #75625 37119 & 75625 37107 – WF  
**Rolled Oats** Farmers We Know Gluten Free Sprouted 24 Oz Steel Cut Oats #75625 37307 - WF  
**Rice** Bulk Long Grain Brown Rice – WF  
**Rice** Bulk Bin #6697 Lundberg Farms Organic multicolored Brown Rice – WK  
**Noodles** Vietnamese Brown Rice Noodles with Green Tea 8.6 oz – WF  
**Ramen** Organic Millet & Brown Rice Ramen Lotus Foods - WF  
**Garbanzo Beans** Bulk – WF  
**Garbanzo Beans** 365 Organic - WF  
**Split Peas** Bulk – WF  
**Pecans** Bulk Non-Organic Pecans (Don't eat the dark ones) – WF  
**Popcorn** Bulk Organic – WF  
**Oats** Apple Cinnamon Pecan Superfood Oats Purely Elizabeth 10 oz – WF  
**Oats** Conv Rolled PLU 5924 – WF  
**Cereal** Purely O's Organic Cereal Cascadian Farms – WF  
**Cereal** Organicrisps 365 Organic Brown Rice Cereal Cascadian Farms – WF  
**Cereal** Multi Grain Squares Organic Cereal Cascadian Farms – WF  
**Cereal** 365 Organic Crunchy Cinnamon Squares 10 oz #99482 44864 – WF  
**Cereal** Nature's Path Organic Mesa Sunrise 16.4 oz #58449 77901 – WF  
**Cereal** Nature's Path Organic Heritage Flakes 13.25 oz #5844977020 - WF  
**Cereal** Heritage Nature's Path Organic Flakes 32 oz SKU #5855977021 – WF  
**Cereal** Cream of Buckwheat Organic 13 oz #70577 00050 - WF  
**Rice** Packaged Lundberg Black Japonica Rice – WF

**Rice** Organic Red Rice Bulk PLU 1406 – WF  
**Rice** Organic Short Grain Brown Rice Bulk PLU 6134 - WF  
**Quinoa** Royal White Quinoa 365 Organic – WF  
**Quinoa** Arrowhead Mills Quinoa – MS, WF  
**Wheat** Organic Einkorn Wheat Bulk PLU 9654 – WF  
**Pasta Sauce** 365 Organic Italian Herb Pasta Sauce – WF  
**Pasta Sauce 365** Organic Tomato Basil Pasta Sauce 25 oz - WF  
**Pasta** Tinkyada Organic Rice Pastas - WF  
**Fennel Bulb** Organic PLU #94515 CA, USA - WF  
**Allspice** Frontier Organic Coop 10595 - WF  
**Cloves** Frontier (non-organic) – WF  
**Garlic** Frontier Garlic Flakes (non-organic) – WF  
**Garlic** Frontier Garlic Granules (non-organic) – WF  
**Ginger** 365 Ginger Ground 1.34 oz – WF  
**Parsley** 365 Parsley 0.25 oz - WF  
**Paprika** Frontier (non-organic) Smoked Paprika – WF  
**Mustard seed** Frontier Organic – WF  
**Nutmeg** 365 Ground Nutmeg 1.92 oz - WF  
**Bay Leaves** Morton & Bassett  
**Cumin** Simply Organic  
**Basil** Simply Organic  
**Oregano, Parsley, Cinnamon, Cayenne** Simply Organic - def. worth a test  
**Sea Salt** India Tree Coarse Brazilian Sea Salt – HM, MS, WF  
**Sea Salt** Bulk #5143 (The cheapest salt option – no grinder needed) - WF  
**Vanilla Extract** Simply Organic small (SOME it's hit or miss) - MS, WF  
**Vanilla Extract** Frontier Coop Vanilla Extract made from Ugandan Vanilla Beans 4 fl oz – WF  
**Protein Bar** GoMacro Macrobar Banana & Almond Butter #81945 00015 - WF  
**Protein Bar** RXBAR Maple Sea Salt – WF  
**Protein Bar** RXBAR Peanut Butter – WF  
**Protein Bar** RXBAR Orange #93908 00280 – WF  
**Protein Bar** RXBAR Pumpkin Spice #57777 00418 - WF  
**Fruit Jerky** Solely Fruit Jerky Organic Pineapple with Coconut 0.8 oz – WF  
**Fruit Jerky** Solely Fruit Jerky Organic Pineapple – 0.8 oz - WF  
**Crackers** Mary's Gone Crackers - original crackers – WF  
**Crackers** Blue Diamond Nut Thins Lightly Salted or Sea Salt – WF, etc  
**Crackers** Saffron Road Oven Baked Lentil Crackers Sea Salt 4.5 oz SKU 5448700603 – WF  
**Crackers** Saffron Road Oven Baked Lentil Crackers Rosemary Herb 4.5 oz SKU 5448700604 - WF  
**Rice Thins** Sesmark (brown rice) – WF  
**Rice Chips** Lundberg Farms Rice Chips Lightly Salted – CM, HM, MS, WF  
**Crackers** Nut Thins Blue Diamond Lightly Salted or Sea Salt - CM, HM, MS, WF  
**Chips** Simply 7 Quinoa Chips Sea Salt 3.5 oz SKU 6421865124 - WF  
**Corn Chips** Garden of Eatin Organic Corn Chips – WF  
**Chips** Tortilla Chips Food Should Taste Good Multigrain Tortilla Chips – MS, WM, WF  
**Chips** Lentil Chips Mediterranean Snacks Baked Lentil Chips Sea Salt - Amazon, WF  
**Chips** Corn Tortilla Chips Homemade 12 oz #5309400417 – WF  
**Chips** Blue Corn Tortilla 365 Organic 12 oz – WF  
**Chips** White Corn Tortilla Chips 365 Organic 12 oz - WF  
**Coconut Chips** Dang Caramel & Salt 3.17 oz – WF  
**Coconut Chips** Dang Original 3.17 oz - WF  
**Popped Corn** Love Popped Sea Salt 4 oz – WF  
**Kale** Brads Crunchy Original Style 2 oz – WF  
**Quinoa Chips** Simply Organic Sea Salt 4 oz – WF  
**Lentil Chips** Simply Organic Sea Salt 4 oz - WF  
**Peas** Sweet Green Peas Organic 365 - WF  
**Rice Cakes** Lundberg Farms Organic Lightly Salted - CM, MS, NG, WF

**Grain Cakes** Lundberg Farms Stackers 5 Grain Puffed Grain Cakes Non GMO – WF  
**Crackers** Lundberg Farms Stackers Red Rice & Quinoa Puffed Crackers Non GMO - WF  
**Spinach** baby Earthbound Farms - MS, WF  
**Flour** Bob's Red Mill **Gluten Free** All Purpose Baking Flour – S, WF  
**Flour** Baking Bob's Red Mill Gluten-Free 1 to 1 - Big Lots, Sam's, WF  
**Flour** Bob's Red Mill Organic Coconut Flour 1 lb SKU #3997801815 – WF  
**Flour** Bob's Red Mill Organic Whole Grain Amaranth Flour 18 oz SKU 3997811911 – WF  
**Flour** Bob's Red Mill Organic Whole Grain Quinoa Flour 18 oz SKU 3997803320 – WF  
**Flour** War Eagle Mill Organic Buckwheat Flour 2 lb SKU 7001540017 – WF  
**Flour** War Eagle Mill Organic Unbleached Bread Flour 2 lb SKU 7001540012 – WF  
**Flour** War Eagle Mill Organic Rye Flour 2 lb SKU 7001540026 – WF  
**Flour** War Eagle Mill Organic Corn Flour 2 lb SKU 7001540019 – WF  
**Flour** War Eagle Mill Organic Whole Wheat Flour 2 lb SKU 7001540008 – WF  
**Flour** War Eagle Mill Organic Unbleached All Purpose Flour 2 lb SKU 7001540010 – WF  
**Flour** 365 Organic All Purpose Flour 5 lb SKU 9948241436 – WF  
**Flour** 365 Organic Whole Wheat Flour 5 lb SKU 9948241829 - WF  
**Cornmeal** Bob's Red Mill Organic Course Grind Cornmeal Stone Ground 24 oz Clear Bag w/Yellow Label – K, WF,S  
**Cornmeal** Bob's Red Mill Organic Medium Grind Cornmeal Stone Ground 24 oz Yellow Bag – K, WF, S  
**Flaxseed** 365 Organic Brown Flaxseed - WF  
**Coconut Water** Naked 100% Coconut Water – K, TT, WF  
**Fruit Spread** Crofter's Organic All Fruit Spread Superfruit (note: 1 in 8 have mold) – WF  
**Frozen Veggies** Cascadian Farms Organic Frozen Veggies (Not from Mexico or China) – HM, NG, WF  
**Mints** Simply Gum Peppermint 1.1 oz – WF  
**Gum** Simply Gum Natural Peppermint - WF  
**Body Lotion** Alba Botanica Natural Very Emollient Original, "New" – WF  
**Lotion** Nature's Gate Fragrance Free Moisturizing Lotion - WF  
**Beauty Bar** Daily Moisture Tom's of Maine  
**Beauty Bar** Relaxing Tom's of Maine  
**Concealer** Mineral Fusion Duo - iHerb.com is almost \$10 less than MS, WF  
**Epsom salts** White Mountain – WF  
**Blush** Mineral Fusion 0.10 oz - WF  
**Blush/Bronze** Mineral Fusion Duo 0.29 oz - WF  
**Eyeliners** Mineral Fusion  
**Nail Care** Top Coat Nail Care SKU 4074900222 - WF  
**Nail Lacquer** Sea Salt SKU 1563202759 – WF  
**Nail Lacquer** Rose SKU 4074901645 - WF  
**Hair Detangler** Kiss my Face - Kids Orange - WF  
**Hair Gel** Giovanni - WF  
**Hand cleansing** EO wipes Lavender (light purple label with dark blue text) - WF  
**Hand sanitizer** EO Gel Unscented (light blue label w/dark blue text) – WF  
**Lip Glosses** tinted Mineral Fusion (with the wand) - MS, some NG, WF  
**Moisturizing Lotion** Nature's Gate Fragrance-Free - [iherb.com](http://iherb.com), WF  
**Arnica Gel** Boiron Arnica Gel – WF  
**Skin Oil** Derma E Vit E Skin Oil 14000 IU Vit E & Safflower Seed Oil – WF  
**Facial Wipes** Derma E Hydrating Facial Wipes – WF  
**Body Mist** Aura Cacia Relaxing Lavender Room & Body Mist 4 oz – S, WF  
**Body Mist** Aura Cacia Organic Motivating Yoga Mist with Sweet Orange & Peppermint for Body Mat & Room - WF  
**Massage Oil** Weleda Amica Massage Oil – WF  
**Body Wash** Jason Invigorating Rosewater Body Wash – WF  
**Body Wash** Jason Calming Lavender Body Wash – WF  
**Witch Hazel** Thayers Facial Toner Witch Hazel Rose Petal Alcohol Free – WF  
**Hand Sanitizer** Everyone Peppermint Gel – WF  
**Natural Vitality** Calm Original Unflavored - WF  
**Bags** plastic sandwich bags 365 - WF

## **KROGER**

**Bread** Delba Famous German Pumpernickel Bread 16.75 oz SKU #4069900171 Product of Germany – K  
**Bread** Mestemacher Three Grain Bread 17.6 oz SKU #8421300736 Product of Germany – K  
**Bread** Mestemacher Fitness Bread 17.6 oz SKU #8421300078 Product of Germany - K



**Beets** Del Monte Harvest Select Crinkled Cut Pickled Beets (in a jar) - K  
**Coconut Butter** Maranatha – WF, K  
**Butter** Organics Sweet Cream Unsalted Butter 16 oz SKU #7989340596 - K  
**Eggs** Vital Farms Organic Pasture-Raised Eggs - K  
**Cheese** Cheddar Organic Raw Sharp Cheddar Cheese Organic Valley 8 oz SKU #93966113204 – K  
**Cheese** String Organic Valley Stringles String Cheese Low Moisture Part Skin Mozzarella - K  
**Hummus** Sabra Classic Hummus – TT, WM, Sam's Club, K  
**Yogurt** Fage 2% 35.3 oz SKU #8954408302 – K  
**Yogurt** Plain Simple Truth Plain Lowfat Yogurt Vitamin A & D 32 oz SKU #1111045530 – K  
**Yogurt** Organics Greek Plain Strained Nonfat Yogurt 32 oz SKU #7989340627 - K  
**Almonds** Raw Simple Truth – K  
**Raisins** Simple Truth Organic Raisins 10 oz - K  
**Peanut Butter** PfitB Peanut Butter Powder 15 oz SKu #9792200282 – K  
**Peanut Butter** Just Great Stuff Organic Powdered Peanut Butter SKU #1607312345 – K  
**Peanut Butter** Santa Cruz Organic Creamy Dark Roasted Peanut Butter 16 oz SKU #36192127003 - K  
**Rice Pilaf** Near East Rice Pilaf Mix Garlic & Herb 6.3 oz SKU #72251002119 - K  
**Pumpkin Seed** Bulk Raw Pumpkin Seeds PLU# 54931 – K  
**Walnuts** AustiNuts Walnuts Raw Halves & Pieces 10 oz SKU #9861245632 - K  
**Pistachios** Simple Truth Organic Pistachios Sea Salt 10 oz - K  
**Apples** Bostock Organic Granny Smith Apples – K  
**Apples** Chelan Organic Fuji Apples – K  
**Apples** DaisyGirl Organic Honey Crisp - K  
**Apples** Organic Fuji Biologique Organic – K  
**Apples** Organics Biologique Cripps Pink Apples – K  
**Apples** Organik Time Red Delicious Apples (3Lb Bag) – K  
**Apples** Red Delicious Small, PLU #4015 - K  
**Apples** Patagonia orchards LLC Organic Granny Smith Apples – K  
**Apples** Sof Organic Fuji Apples – K  
**Apples** Trout Small Non-Organic Granny Smith Apples – K  
**Apples** Washington Organic Braeburn – K  
**Apples** Washington Small Non-Organic Granny Smith Apples - MS, K  
**Apples** Gala Organic Simple Truth 2 LB Package – K  
**Apples** Pink Lady Apples Simple Truth 2 Lb Package – K  
**Apples** Fuji Simple Truth 2 Lb Package - K  
**Apricots** Apriums Non-Organic – K  
**Apricots** Biologique Organic (yellow and white label) - K  
**Apricots** Flavor Farmer Apricots #4218 – K  
**Blackberries** Driscoll ORGANICS - K, MS, WM (green label, not yellow)  
**Blueberries** Driscoll ORGANIC - K, MS, WM (green label, not yellow)  
**Blueberries** Paradise Organic Blueberries – K  
**Blueberries** Nature's Partner Non-Organic – K  
**Blueberries** Camposol 1 Dry Pint Peru – K  
**Blueberries** North Bay Produce 18 oz Peru - K  
**Cantaloupe** SOL – K  
**Cantaloupe** Del Monte – K  
**Cantaloupe** Llano Non-Organic – K  
**Cantaloupe** Organic Large Cantaloupe "Goldie" – MS, K  
**Cantaloupe** Melons PLU #4050 Product of Mexico - K  
**Cherries** sweet Sage - Northwest - (not organic) – K, MS  
**Cranberries** Fruit d'Or Organic - K, MS  
**Dates** Bard Valley Natural Delights Medjool Dates - K  
**Kale** Ratto Bros. Kale Non-Organic - K  
**Kiwi fruit** BIO Italian Organic #94030 big, easy to read label - NG, K  
**Kiwi** Mighties – S, K  
**Kiwis** with a label w/an open kiwi at the top and dark green at bottom - (non-organic) – USA – K  
**Lemons** Bulk #4958 (blue, white, green label) – K  
**Lemons** Mallarauco (non-organic) from Chile – K  
**Lemons** Organic (smaller writing and a barcode centered on the yellow label) – K  
**Lemons** Sunkist 4033 White, Blue, Red Label USA – K  
**Mandarins** 3 lbs – Australia - K

**Nectarines** Farm2You Organic Yellow Flesh Nectarines – K  
**Nectarines** HGO farms.com Organic Yellow Nectarines – K  
**Nectarines** Organic Nectarines #93035 (Sticker is 90% yellow & 10% white) - K  
**Oranges** Kings River SMALL Non-Organic (large are no good) – S, K  
**Oranges** Small Paramount – K  
**Oranges Cuties/Halos** (In both bag and box) MS, TT, Sam's, K  
**Oranges** Tomorrow's Organics Valencia Oranges – K  
**Peaches** Yellow Titan Brand Southern Peach PLU #4037 - K  
**Peaches** Organic White Peaches – K  
**Peaches** Organic Peaches #94038 (sticker is 3/4 yellow, 1/4 orange) – K  
**Peaches** Organic peaches from Mexico (Dark blue label with peach picture) – K  
**Pears** Barlett Pears PLU #4409 Product of Argentina - K  
**Pears** Organic Ranier Barlett Pears - K  
**Pears** Organic Bartlett (Argentina) - K  
**Pears** Organic Red Bartlett (Argentina) – K  
**Pineapple** Chiquita (make sure it's not old) - anywhere  
**Pineapples** CAPA Oro Dulce Organic Golden Sweet – K  
**Plums** HGO farms.com Organic Pluots - K  
**Plums** Biologique Organic (yellow and white label) – K  
**Pomegranate** Crown Jewels PLU #3440 – K  
**Raisins** Newman's Own Raisins - K  
**Raspberries** Paradise Organic Raspberries – K  
**Raspberries** Driscoll ORGANIC (green label, not yellow) - K, MS, WM  
**Strawberries** Driscoll ORGANIC (green label, not yellow) - K, MS, WM  
**Tomatoes** Simple Truth Organic Grape Tomatoes 10 oz PLU #91068 - K  
**Watermelon** Sweet Amaris Seeded PLU #4031 Product of Mexico - K  
**Watermelon** Yosemite Fresh - K  
**Cilantro** Foxy Organic Cilantro – K  
**Cilantro** Lakeside Organic Gardens Organic – K  
**Cilantro** Pure Pacific - K  
**Cilantro** Cal Organic - K  
**Parsley** Cal Organic –  
**Fennel** Cal Organic - K  
**Avocado** Mission PLU #4046, emp113 – K  
**Avocado** Mission PLU #4225, emp113 - K  
**Bell Peppers** ICS Garden Classics #3121 Orange Bell Peppers – K  
**Bell Peppers** Total Fresh Orange Bell Peppers – K  
**Bell Peppers** Yellow Red Sun PLU #4689, Product of Mexico - K  
**Bell Peppers** Red Sun Orange Bell Peppers - K  
**Bell Peppers** Red Sun Red Bell Peppers - K  
**Broccoli** Simple Truth Organic – K  
**Broccoli** Bonipak Certified Organic  
**Brussel Sprouts** Queen Victoria Brussel Sprouts stalk – K  
**Cabbage** Foxy Organic Green Cabbage – K  
**Cabbage** Joe Heger Farms Organic Green Cabbage - K  
**Cauliflower** Simple Truth Organic - K  
**Cauliflower** Organic - K  
**Celery** Josie's Organics - K  
**Celery** Nature's Wave Organic – K  
**Celery** D Farms Organic– K  
**Cilantro** Foxy Organic Cilantro – K  
**Cilantro** Lakeside Organic Gardens Cilantro – K  
**Cilantro** Pure Pacific Cilantro – K  
**Cilantro** Cal Organic Cilantro – K  
**Cucumbers** Wholesome Harvest Organic Cucumbers – K  
**Garlic** Bulk PLU #4608 - K  
**Leeks** 4 Earth Organics - K  
**Lettuce** Cal Organic (green, red leaf, romaine) – K  
**Lettuce** Country Fresh - Green Leaf – K  
**Lettuce** Country Fresh Red Leaf– K

**Lettuce** Green Leaf Siri & Son Farms Organic PLU #94076 – K  
**Onions** Green Organic Onions Mexican – K  
**Onions** Red Organic Onions Bulk - K  
**Potatoes** red Klamath Basin Organic - K  
**Potatoes** Cal-Organic - K, WM  
**Radishes** Non-Organic Daikon (white root vegetable) – K  
**Radishes** Small Red Organic (with yellow twist tie) - K  
**Yams** Country Fresh Organic loose – K  
**Yams** Natural Beauty organic jewel yams - K  
**Squash** Zucchini Sunway Organic Veg. Sunnyside Packing Co. - K  
**Squash** Perfect Organics Yellow Squash – K  
**Squash** Butternut PLU #4759 USA – K  
**Squash** Acorn PLU #4750 USA – K  
**Squash** Spaghetti PLU #4776 USA - K  
**Safflower Oil** Hollywood - K  
**Almond Milk** Almond Breeze Unsweetened Unflavored - HM, K, WF  
**Almond Milk** Simple Truth Unsweetened – K  
**Almond Milk** Pacific  
**Vanilla Almond Coconut milk** Blue Diamond Unsweetened Almond Breeze  
**Coconut Milk** Simple Truth Unsweetened – K  
**Coconut water** Naked 100% Coconut Water - TT, WF, K  
**Lemonade** Santa Cruz Lemonade - MS, WF, K  
**Strawberry Lemonade** Santa Cruz Organic Santa Cruz Organic - K, MS, WF  
**Pomegranate Juice** R.W. Knudsen Just – K  
**Lemon Juice** Santa Cruz Organic Pure Lemon Juice – K  
**Water** Perrier Lime Water Pet 1 lt SKU #7478064318 – K  
**Water** Vai Wai Natural Artesian Water of Fiji 33.8 fl oz - K  
**Water** Coconut water Naked 100% Coconut Water - K, TT, WF  
**Maple Syrup** Coomb's Family Farms Organic Grade A Maple Syrup – CM, WF, K  
**Popcorn** popped Simple Truth Organic low sodium air popped w/ a hint of salt – K  
**Lentil Chips** Simply 7 – K  
**Miso** Sweet White Miso Master Organic – K  
**Miso** Mellow White Miso Master Organic – K  
**Cornmeal** Bob's Red Mill Organic Course Grind Cornmeal Stone Ground 24 oz Clear Bag w/Yellow Label – K, WF,S  
**Cornmeal** Bob's Red Mill Organic Medium Grind Cornmeal Stone Ground 24 oz Yellow Bag – K, WF, S  
**Natural Clear and Lavender** Tom's of Maine  
**beauty bar** daily moisture Tom's of Maine  
**beauty bar** relaxing Tom's of Maine – K  
**Baby Food** Earth's Best Organic Zucchini Broccoli Medley, Peas & Brown Rice – WM, TT, K  
**Baby Food** Earth's Best Organic Spinach & Potatoes – WM, TT, K  
**Laundry Detergent** ECOS Liquid Laundry Detergent Lavender – K

## **MARKET STREET**

**Bread** Bakery All Natural Monterey Sourdough Bread – MS  
**Pita Bread** Food For Life Organic Whole Wheat Pita Bread (keep frozen until use, gets moldy fast) - HM, MS  
**Coffee** Sanka – Amazon, MS  
**Lemonade** Santa Cruz Organic Lemonade - MS  
**Strawberry Lemonade** Santa Cruz Organic  
**Lemonade** Hubert's Only the Best Will Do Original Lemonade  
**Raspberry Lemonade** Hubert's - Only the Best Will Do – MS  
**Juice** Naked Green Machine Juice 15.2 oz – MS  
**Juice** Orange Naked Green Machine Juice 15.2 oz – MS  
**Juice** Berry Naked Berry Blast 15.2 oz – M  
**Juice** Kale Naked Kale Blazer Juice 15.2 oz – MS  
**Juice** Naked Green Machine – SC, MS  
**Club Soda** White Rock Club Soda 1 Liter Bottle - MS  
**Fruit Spread** Hero Black Currant Premium Fruit Spread (Product of Germany) – MS  
**Fruit Spread** Hero Premium Fruit Spread Strawberry and Raspberry – MS, etc  
**Fruit Spread** Santa Cruz Organic Fruit Spreads Strawberry and Peach – MS, etc  
**Apple Butter** Eden Organic Apple Butter – WF, MS

**Nut & Seed Butter** Organic NuttZo Seven Nut & Seed Butter (Smooth or Crunchy) – MS  
**Peanut Butter** Smucker's Natural Peanut Butter (Chunky Only) (1 in 8 test bad) – WF, MS  
**Sweetener** Xylosweet Xylitol Crystals – MS  
**Sweetener** Honey Desert Creek Raw Honey  
**Sweetener** Coconut Secret Raw Coconut Crystals Low Glycemic Sugar Alternative - MS  
**Sweetener** Truvia Stevia Powder  
**Sweetener** Truvia Nectar (honey + stevia + sugar)  
**Sweetener** Stevia in the Raw  
**Sweetener** Madhava Agave Nectar Light (keep in fridge can shows mold after a few months) – NG, MS  
**Vanilla** Extract O Organics Organic Madagascar Bourbon Pure Vanilla 4 fl oz PLU #79893152424 - MS  
**Vanilla extract** Simply Organic small (SOME – it's hit or miss) - MS, WF  
**Coconut** Let's Do Organic Shredded Coconut – WF MS  
**Coconut Flakes** Let's Do Organic – WF, MS  
**Cottage Cheese** Kalona Super Natural Organic Whole Milk  
**Cottage Cheese** Kalona Supernatural Organic Low Fat Milk  
**Sour Cream** Greek Gods Kefir Cheese Lebni – some MS  
**Cheese** Alta Dena Raw Goat Cheese (make sure the plastic is Very tight) – MS  
**Cheese** Wiebe Dairy Cottonwood River Cheddar – MS  
**Cheese** Le Gruyere Switzerland Imported Cheese – MS  
**Cheese** Emmentaler Switzerland Imported Cheese – MS  
**Cheese** O Organics White Medium Cheddar 8 oz SKU 7989311528 – MS  
**Mac & Cheese** O Organics Organic Macaroni & Cheese 7.25 oz SKU 7989340290 - MS  
**Yogurt** Fage 2% orig. Unflavored in the Mid-size or small container (not 35.3oz & not 0%) – MS, etc  
**Aloe** Big Tree Giant Aloe Vera leaf Mexico (produce section sometimes) – MS  
**Apples** Pink Lady Sage Organics Apples - MS  
**Apples** Chelan Organic Granny Smith Apples – MS  
**Apples** Daisy Girl Organic Fuji Apples – MS  
**Apples** Opal Organic Apples (avoid the BIG ones at Kroger, etc they are different) – S, MS  
**Apples** Organic Fuji  
**Apples** Ranier Organic Fuji Apples – MS  
**Apples** Ranier Organic Granny Smith Apples - MS  
**Apples** superfreshgrowers.com (non-organic anic) Small Green Apples – MS  
**Apples** Washington Small Non-Organic Granny Smith Apples – K, MS  
**Apples** Opal Organic PLU #93618 – MS  
**Apples** Granny Smith Organic PLU #94017 – MS  
**Blueberries** Cottle Organic Blueberries - MS  
**Blueberries** Organic Sunnyridge Blueberries - MS  
**Blueberries** Driscoll ORGANIC (green label, not yellow) - K, MS, WM  
**Blackberries** Driscoll ORGANICS (green label, not yellow) - K, MS, WM  
**Raspberries** Driscoll ORGANIC (green label, not yellow) – K, MS, WM  
**Strawberries** Driscoll ORGANIC (green label, not yellow) - K, MS, WM  
**Cantaloupe** Organic Large "Goldie" – K, MS  
**Cantaloupe** Golden Treat Brand Pappas Family Farms (red & blue label) - MS  
**Cantaloupe** Fresh Farms – MS  
**Cherries** red Family Tree Farms - #4045 – MS  
**Cherries** California /Cerises #4045 – MS  
**Cherries** sweet Sage - Northwest - (not organic) – K, MS  
**Cherries** sweet Superfresh Growers - (not organic) – MS  
**Cherries** Sweet Cherries (plastic bag with red writing - from WA) – MS  
**Cranberries** Fruit d'Or- Organic Cranberries – K, MS  
**Grapefruit** Paramount Non-Organic Small Grapefruit – S, MS  
**Grapefruit** Texas Choice Reddest Rio Star Grapefruit  
**Grapefruit** Small Star Ruby Grapefruit – K, MS  
**Grapes** red seedless non-organic Perfect Pick – MS  
**Grapes** red seedless Molina (not organic) – MS  
**Grapes** red Crimson Seedless Santa Maria– MS  
**Grapes** Organique Biologique Red Grapes – MS  
**Kiwi** Zespri Sungold Kiwi – C, MS  
**Lemons** King's River Non-Organic Lemons – S, MS  
**Lemons** Sunkist Organic Lemons – MS

**Mangos** Coast Tropical TOMMY Mangos – MS  
**Nectarines** O Organic Nectarines #94378 - MS  
**Oranges** 4Earth Organic Valencia Oranges – MS  
**Oranges** Booth's Ranch Small (not large) (blue label) – MS  
**Cuties/Halos** (in both the bags and boxes) (October thru April) TT, Sam's, K, MS  
**Peaches** O Organic Peaches #94044 – MS  
**Pears** Organic Ranier Barlett Pears – K, MS  
**Pears** D'Anjou Organic Pears AweSum Organics (Argentina) – MS  
**Pears** D'Anjou Pears (Argentina) – MS  
**Pears** D'Anjou Organic Biologique – MS  
**Pears** Ranier D'Anjou Pears – MS  
**Pears** Barlett Organic Pears (Argentina Organic) – MS  
**Plums** Organic Red Raven Plums – MS  
**Plums** Dino 101 Black Pluots Not Organic (Green sticker w/pink dinosaur) - MS  
**Watermelon** Red Seedless Fresh Farms – MS  
**Watermelon** Seedless Fresh Farms Mini – MS  
**Watermelon** Little Bear Personal – MS  
**Tomatoes** Cal Organic (purple and white label) – MS  
**Tomatoes** Earthbound Farm Organic Hothouse Large – MS  
**Tomatoes** Roma Signature Brand Organics Mexico (yellow label w/ blue border) – MS  
**Tomatoes** Canadian Hot House Village Farms (purple and white label) (USA ones are no good) – MS  
**Tomatoes** Cherry Tomatoes Wholesum Harvest – MS  
**Beans** Green – MS  
**Beets** Red Beets Organic Tenaza Farms PLU #94539 - MS  
**Brussel Sprouts** 4Earth Farms Brussel Sprout Stalks - MS  
**Green beans** Bulk (don't buy if dark or super bendy) – S, MS  
**Cabbage** Loose Not-Organic (take off the outer leaves before eating) - MS  
**Chard** Foxy Organic Red Chard – MS  
**Kale** Josie's Organics Kale – MS  
**Kale** Earthbound Organic Kale - MS  
**Lettuce** Romaine Hearts Earthbound Farms (in the plastic bag) – WF, MS  
**Lettuce** Organic Romaine Deardorff Organics - MS  
**Lettuce** Green Leafy Earthbound Farms – MS  
**Lettuce** Organic Red Leaf/Green Leaf Lettuce (w/yellow twist tie) – MS  
**Peppers** HA Agrimac Red peppers (not organic) – MS  
**Peppers** Azteca Red and Orange Bell Peppers – MS  
**Peppers** Lakeside (Canada) Red Bell Peppers – MS  
**Peppers** El Sol De Sayula Red Bell Peppers – MS  
**Potatoes** Earthbound Farms Potatoes – MS  
**Potatoes** Cinacia Organic Potatoes – S, MS  
**Potatoes** Red – MS  
**Potatoes** Sweet UPC #4091 - MS  
**Spinach** Earthbound Farms Baby - MS, WF  
**Squash** spaghetti Fresh Farms (not organic) - MS  
**Squash** spaghetti Organic (w/ green, thin "organic" tape) – MS  
**Squash** Butternut Organic (w/ green, thin "organic" tape) – MS  
**Squash** Butternut Earthbound Farms – MS  
**Squash** Acorn Earthbound Farms – MS  
**Squash** Big Chuy Non-Organic Acorn Squash - MS  
**Sweet Potatoes** Earthbound Farms - MS  
**Spaghetti** Capellini Full Circle Whole Wheat, etc. – MS  
**Linguine** Capellini Full Circle Whole Wheat, etc. – MS  
**Farro** Bob's Red Mill Organic Farro PLU #39978008602 - MS  
**Rice** Organic Long Grain Brown Rice Lundberg Farms Heirlooms - MS  
**Rice** Brown Basmati Lundberg Farms - Essences - organic California - MS  
**Rice** Sushi Lundberg Farms Voyages Organic California - MS  
**Rice** Brown Bulk Lundberg Farms organic - MS  
**Quinoa** Bulk – MS  
**Quinoa** TrueRoots Sprouted TriColor Quinoa – NG, MS  
**Quinoa** Arrowhead Mills Quinoa – WF, MS

**Tapioca** Bulk Small Pearl Tapioca – MS  
**Flax Seed** Bulk Organic Golden Flax Seeds – MS  
**Pumpkin Seeds** Bulk Organic Pumpkin Seeds - MS  
**Beans** TruRoots Sprouted Mung - HM, MS, NG  
**Lentils** Green TruRoots Sprouted - HM, MS, NG  
**Lentil** Trio Earthly Choice  
**Beans** Bulk Organic Black Beans (turtle beans) – MS  
**Beans** Canned Westbrae Natural Organic Black Beans No Salt Added SKU 7487316321 – MS  
**Beans** Canned Westbrae Natural Organic Pinto Beans No Salt Added SKU 7487316324 – MS  
**Beans** Canned Westbrae Natural Organic Great Northern No Salt Added SKU 7487316322 – MS  
**Beans** Canned Westbrae Natural Organic Garbanzo Beans No Salt Added SKU 7487316320 – MS  
**Beans** Canned O Organics Organic Lentils 15 oz SKU 7989312590 – MS  
**Beans** Canned O Organics Organic Cannellini Beans No Salt Added 15 oz SKU 7989312594 – MS  
**Beans** Canned O Organics Organic Black Beans 15 oz SKU 7989340610 – MS  
**Beans** Canned O Organics Organic Pinto Beans No Salt Added 15 oz SKU 7989312595 - MS  
**Lentils** Bulk Organic Green Lentils (pick out the super dark ones) – MS  
**Chickpeas** Bulk Organic (garbanzo beans) – MS  
**Almonds** Bulk Non-Organic (don't eat the dark ones!) - MS  
**Almonds** Sliced PLU #837 – MS  
**Almonds** Slivered & Blanched PLU #435 - MS  
**Pistachios** Bulk Roasted, salted – MS  
**Peanuts** Bulk Salted, Blanched #866 and #508 - MS  
**Coconut Oil** Nature's Way Organic (small/med) (don't buy the large one or liquid one!!) MS, etc.  
**Macadamia Nut Oil** Australian MAC Nut Oil – MS  
**Maple Syrup** Dark Grade A Bulk 492 – MS  
**Herbs Spicely Organics Herbs All Except These Three**  
     Spicely Organics Nutmeg 1.9 oz (Not Good)  
     Spicely Organic Chinese Five Spice (Not Good)  
     Spicely Organics Organic Yellow Mustard 2.4 oz (Not Good)  
**Basil** Simply Organic  
**Bay Leaves** Morton & Bassett  
**Cinnamon Sticks** Organic Frontier – MS  
**Cinnamon** Ground O Organics 1.5 oz - MS  
**Cumin** O Organics Ground Cumin – MS  
**Ginger** Full Circle Powder – MS  
**Ginger Root** Non-Organic (make sure it looks fresh and not old) – MS  
**Ground Mustard** McCormick – MS  
**Italian Seasoning** McCormick Gourmet Collection – MS  
**Italian Seasoning** O Organics 0.6 oz - MS  
**Oregano, Parsley, Cinnamon, Cayenne** Simply Organic - def. worth a test  
**Red Cayenne** capsules Nature's Way  
**Sage** McCormick ground – MS  
**Savory** Morton & Bassett San Francisco Savory 0.8 oz - MS  
**Sea Salt** Alessi All Natural Sea Salt - MS  
**Sea Salt** Coarse Brazilian Sea Salt – HM, WF, MS  
**Sea Salt** Full Circle All Natural – MS  
**Sea Salt** World Classics Coarse Sea Salt – MS  
**Turmeric** capsules Nature's Way  
**Rice Chips** Lundberg Farms Lightly Salted - CM, HM, WF MS  
**Tortilla Chips Multigrain** Food Should Taste Good - WF, WM MS  
**Corn Chips** Xochitl Organic Corn thin chips – MS, etc.  
**Rice cakes** Lundberg Farms Organic - lightly salted - CM, MS, NG, WF  
**Tortillas** Food For Life Organic Sprouted Grain Corn Tortillas Frozen (keep frozen until use) – HM, MS  
**Rolled Oats** Bulk Organic Old Fashioned Rolled Oats – MS  
**Steel Cut Oats** Bulk Organic Steel Cut Oats - MS  
**Turkey** Breast Applegate Naturals honey - MS, NG  
**Turkey** Breast Applegate Naturals maple - MS, NG  
**Turkey** Breast Applegate Natural Roasted - MS, NG  
**Tomatoes** Bionaturae Organic Strained Tomatoes – MS  
**Soup** Imagine Creamy Tomato Soup

**Artichoke Hearts** Canned Native Forest Quartered 14 OZ – MS  
**Pastry** Wewalka Puff Pastry European Style Dough 13.2 oz SKU 1124000006 – MS  
**Pizza Dough** Wewalka Classic Pizza European Style Family Crust Dough 13.2 oz SKU 1124000000 - MS  
**Tea Tree Oil** Tea Tree Therapy – OL, MS  
**Aloe** Big Tree Giant Aloe Vera Leaf Mexico (Produce Section) – MS  
**Toothpaste** Desert Essence Natural Tea Tree Oil Toothpaste Mint (w/o Fluoride) – MS  
**Mouthwash** Desert Essence Natural Tea Tree Oil Alcohol Free Mouthwash – MS  
**Laundry Detergent** Full Circle Chamomile and Ylang – MS  
**Dog Food** Bill-Jac Frozen Dog Food – Petco, MS  
**Lip Glosses** Mineral Fusion Tinted lip Glosses with the Wand – NG, WF, MS

## **SPROUTS**

**Coconut Milk** SO Delicious Organic Beverage – S  
**Coconut Milk** SO Delicious Organic Beverage Unsweetened - S  
**Milk** Horizon Organic 0% - S  
**Milk** Horizon Organic 2% - S  
**Milk** Organic Valley Whole Milk – S  
**Milk** Organic Valley 2% Milk – S  
**Coffee** Teeccino Organic French Roast Chicory – WF, S  
**Tea** Organic India Tulsi Moringa Tea – S  
**Tea** Triple Leaf Detox Tea  
**Tea** Yogi Tulsi Spiced Immune Support Tea  
**Water** Castle Rock in glass – S  
**Juice** Sprouts 100% Pomegranate Juice Unsweetened - S  
**Whipping Cream** Oak Farms Dairy Pure Heavy Ultra-pasteurized One Pint – S  
**Yogurt** Green Mountain Creamery Greek Plain 5% fat 32 oz – S  
**Yogurt** Fage - 2% original unflavored in the mid-size or small containers (**not** 35.3oz or 0%) – S, etc.  
**Yogurt** Siggii's Icelandic Style Coconut 2% fat 5 oz – S  
**Yogurt** Siggii's Icelandic Style Vanilla 0% fat 24 oz – S  
**Yogurt** Siggii's Plain Yogurt Plain 2% - S  
**Yogurt** Nancy's Organic Probiotic Plain Lowfat Milk Yogurt – S  
**Yogurt** Nancy's Organic Probiotic Plain Whole Milk Yogurt - S  
**Sour Cream** Karoun's Mediterranean Style Lebni Kefir Cheese (Lite & Regular) – S  
**Almond Milk** Sprouts Organic Almond Milk Original – S  
**Almond Milk** Sprouts organic Almond Milk Original Unsweetened – S  
**Almond Milk** Sprouts Organic Vanilla Almond Milk - S  
**Vinegar** Vermont Village Organic Apple Cider Vinegar - S (not always)  
**Cheese** hand Crafted Raw Milk White Cheddar – lactose free – S  
**Cheese** Raw Cheddar Organic Pastures (added 8/18) – S  
**Cheese** Cheddar Bremmer Valley – S  
**Cheese** Jarlsberg Semi Soft Part Skim Lite Reduced Fat Cheese – S  
**Cheese** LaClare Raw Cheddar Goat Milk Cheese Aged Over 60 Days - S  
**Bacon** Niman Ranch Uncured Applewood Smoked Bacon 12 oz – S  
**Bacon** Niman Ranch Applewood Smoked Uncured Bacon No Sugar 12 Oz Pkg - S  
**Bacon** Uncured Applewood Smoked Bacon Butcher Shop - S  
**Beef** Kobe Ground Pasture Perfect - S  
**Bison** Bear Mountain ground Bison – S  
**Chicken Breast** VP Butcher Shop at Sprouts Boneless Skinless Chicken Breast  
**Chicken** Whole Organic Air Chilled - S  
**Chicken Breast** Boar's Head Deli Rotisserie Seasoned  
**Chicken Breast** Boar's Head Deli Golden  
**Chicken Breast** Boar's Head Deli Everroast  
**Turkey** Young Turkey The Butcher Shop at Sprouts - S  
**Turkey Breast** Boar's Head Deli Ovengold  
**Turkey Breast** Boar's Head Deli Peppermill  
**Apples** Granny Smith Chelan PLU #94139, USA – S  
**Apples** Golden Delicious Rainier PLU #94020 - S

**Apples** Granny Smith Artisan Organics Stemilt (with the red lady bug) - NG, S  
**Apples** Pink Lady brand Artisan Organics Stemilt (with the red lady bug) – S  
**Apples** Artisan Organics Stemilt Pinata – S  
**Apples** Fuji Awesome Organics - - 3lb bag organic – S  
**Apples** Fuji Organic Biologique (Chile) – S  
**Apples** Opal Non-Organic Product of USA – S  
**Apples** Opal Organic  
**Apples** Fuji [www.superfreshgrowers.com](http://www.superfreshgrowers.com) - S  
**Avocados** Extra Large Hass PLU# 4770 – S  
**Avocados** Just Ripe Mexico EMP 007 (added 8/18) - S  
**Blueberries** Organic Fairfield Fruit Company – S  
**Blueberries** Sprouts Organic Frozen Blueberries - S  
**Cantaloupe** Legend – S  
**Cantaloupe** Fisher Ranch – S  
**Cantaloupe** Kandy organic – S  
**Cantaloupe** Organic Divine Flavors Organics – S  
**Cherries** First Fruit Organic 94045, USA – S  
**Cranberries** Dried Bulk PLU #6248 - S  
**Grapefruit** Small Non-Organic – Paramount – S  
**Grapefruit** Texas Sweet Winter Sweetz Grapefruit 4286 – S  
**Grapefruit** Good Life Organic 4 Lb Bag - S  
**Grapes** Black seedless, non-organic, product of Chile, #4056 - S  
**Grapes** Green Divine Flavor 10 oz – S  
**Grapes** Sun world Midnight Beauty - S (not organic)  
**Lemons** King's River non-organic - MS, S  
**Lemons** Lemoniera - S  
**Limes** “SUSIE” Brand Product of Mexico PLU# 4048 – S  
**Mandarins** Cuties from California - S  
**Mangos** organic Ecuador (yellow label w/ mango picture) – S  
**Melons** Majesty Santa Claus #4336 - S  
**Melons** Majesty Crenshaw #4332 – S  
**Melons** Honeydew Del Mar (not organic) – S  
**Melons** Canary Fisher Ranch (not organic) – S  
**Nectarines** White Farm & You 3035 USA White Label with Blue - S  
**Orange** Propal - Navel - Chile – S  
**Oranges** Chile - 4012 very orange – S  
**Oranges** Kings River HEIRLOOM Navel California – S  
**Oranges** Kings River SMALL (large are no good) non-organic - K, S  
**Oranges** Purity Organic (4 lb bag) – S  
**Oranges** Sun Pacific non-organic – S  
**Oranges** Large Navel Oranges 3107 Chile PLU #4012 – S  
**Oranges** Navel 4012 USA White Label with Blue, Black & Orange Bee - S  
**Peaches** Sprouts Organic Sliced Frozen Peaches – S  
**Pears** Bartlett Biologique Organic PLU #94409 Product of Argentina – S  
**Pears** Bartlett Organic USA 94024 - S  
**Pineapple** Chiquita (make sure it's not old) – anywhere  
**Pineapple** Green Field – S  
**Pineapple** Honey Secret – S  
**Pineapple** Chiquita (make sure it's not old) – S,  
**Pineapple** Dole Tropical Gold Super Sweet Pineapples PLU - 4430 - S  
**Plums** Biologique 94040 Organic Plums (white label w/yellow at top) – S  
**Plums** 4036 – S  
**Plums** 3035 - S  
**Tangerines** Clementine PLU# 4458 – S  
**Honeydew Melons** Classic Fruit Company PLU #4329 Product of Guatemala/Honduras - S  
**Watermelon** Llano Organic Seedless Personal Watermelon PLU #93421, Product of Mexico - S  
**Watermelon** Master's Touch #4032 Seedless, Product of Mexico – S  
**Watermelon** Divine Flavor Organics Organic Mini– S



**Watermelon** Hailey's Best – S  
**Watermelon** seedless #4032 Green label d'eau sans pepins – S  
**Watermelon** Ayco Mini Me Seedless Watermelon 3421 – S  
**Watermelon** Moore Family Farms (added 8/18)  
**Watermelon** Big Chuy Mexico PLU 4032 – (added 6/19) - S  
**Green Beans** Bulk - MS, S  
**Green Beans** Organic Frozen Green Beans - S  
**Beans** Mung Beans Organic PLU #17491 - S  
**Bok Choy** Non Organic – S  
**Bok Choy** Cal-Organic – S  
**Bok Choy** Organic Baby - S  
**Broccoli** Deardorf Organic – S  
**Broccoli** Earthbound (added 8/18) – S  
**Broccoli** Crowns PLU #3082 CA, USA – WF, S  
**Brussel Sprouts** bulk – S  
**Brussel Sprouts** large in the bag (non-organic) avoid small – S  
**Cabbage** loose not organic (make sure leaves are not wilted) – S  
**Cabbage** Organic Green Cabbage (Grown in TX) – S  
**Cabbage** Organic Red Cabbage (Grown in CA) – S  
**Carrots** Organic Loose Carrots (Grown in CA) – S (sometimes)  
**Cauliflower** Adam Brothers Family Farms – S  
**Cauliflower** Oceanmist Farms (added 8/18) – S  
**Celery** Cal-Organic Celery – S  
**Cilantro** Cal-Organic Cilantro - S  
**Chard** red Cal Organic red - S  
**Cucumbers** Farmer's Best - S (make sure they have a label)  
**Cucumbers** Hot House ([www.Pure-Flavor.com](http://www.Pure-Flavor.com)) product of Mexico – S  
**Cucumbers** Lakeside 4593 Canada - S  
**Collard Greens** Cal-Organic – S  
**Eggplant** Japanese Eggplant PLU 4601 (Product of USA) - S  
**Garlic** Loose (not organic) – S  
**Leeks** Cal-Organic - S  
**Lettuce** Ocean Mist – S  
**Lettuces** green & red leaf Organic– S  
**Onions** Organic Green Onions (Grown in CA) – S  
**Onions** Vidalia Real Sweet Organic 2 Lb Bag – S  
**Onions** Green Cal Organic Green Onions Chop off ¾ of Green Stem due to Mold – WF, S  
**Parsnips** Organic Parsnips (Grown in CA) - S  
**Peppers** Bell orange Pure Flavor – S  
**Peppers** Bell Orange Sunrise (added 8/18) – S  
**Peppers** Green Bell Pepper Farmer's Best PLU #4605 Mexico – S  
**Peppers** Orange Bell Pepper Llano PLU #3121 Mexico – S  
**Peppers** Orange Lakeside Canada 3121 White Label With Green/Black - S  
**Peppers** Yellow Bell Pepper GCM Garden Classics PLU #4689 Mexico – S  
**Potatoes** Cinacia Organic -MS, S  
**Potatoes** Red non-organic loose, medium size (reddish, not brown/greyish) – S  
**Potatoes** Red Natures Harvest (added 8/18) - S  
**Potatoes** Sweet PLU# 4091 – S  
**Radishes** Cal Organic red – S  
**Radishes** Loose (not organic) – S  
**Spinach** Organic Baby 10 oz – S  
**Squash** Acorn & Butter PLU# 4750 – S  
**Squash** Italian Product of Mexico PLU# 4067 (large shiny) – S  
**Squash** Loose Yellow Straight neck (not organic) – S  
**Squash** Yellow PLU# 4784 – S  
**Squash** Zucchini Non-Organic (added 8/18) - S  
**Tomatoes** Organic Sunset on the vine product of Mexico PLU# 94664 – S  
**Tomatoes** Organic Garden Classic loose single – S  
**Tomatoes** Organic Heirloom – S  
**Tomatoes** Sunset Organic Cluster 94644 – S

**Tomatoes** Cluster Tomatoes On-the-Vine – S  
**Tomatoes** Wholesum Organic 94664 USA - S  
**Yams** loose (not organic) get the big reddish ones, not the darker ones – S  
**Lentils** Green– Bulk – S  
**Lentils** Red– Bulk – S  
**Lentils** Orange Bulk – S  
**Lentils** Red Organic Lentils PLU #17494 - S  
**Flax Seed** golden bulk PLU #6684 – S  
**Peas Split** green Bulk PLU# 6577 – S  
**Peas Split** Bulk – S  
**Peas** Yellow Organic Peas PLU #17495 – S  
**Beans** Garbanzo Sprouts Organic Garbanzo Beans Low Sodium, - S  
**Beans** Black Sprouts Organic Black Beans Low Sodium - S  
**Almonds** bulk organic in the barrel (don't eat the dark ones!) – S  
**Almonds** Sliced PLU #6026 – S  
**Almonds** Slivered & Blanched PLU #6027 - S  
**Peanuts** Bulk Roasted Unsalted Blanched – S  
**Pistachios** Bulk in shell - S  
**Pistachios** Roasted Salted in Shell PLU# 6620 - bulk – S  
**Pistachios** Roasted Unsalted in Shell PLU# 6618 - bulk – S  
**Popcorn** Bulk Yellow Organic PLU# 6625 – S  
**Popcorn** Bulk Organic – S  
**Pumpkin Seeds** Bulk PLU #6687  
**Pumpkin Seeds** **Kernels** raw bulk - S  
**Corn Puffed** Bulk (corn, corn oil, salt) – S  
**Corn** Bulk PLU #6240 roasted salted toasted - S  
**Basil** Simple Truth Organic Dry 0.5 oz – S  
**Basil** Sprouts Organic Basil **Pesto** Vegan Italy - S  
**Dill** Spice Hunter – S  
**Garlic** Powder Sprout Organic - S  
**Ginger** Hunter Chinese – S  
**Italian Seasoning** Private Selection dry 0.52 oz – S  
**Italian Seasoning** Simply Organic Italian Seasoning 0.95 oz – S  
**Garlic and Herb** Simply Organic 88g - S  
**Jalapeno Chili's** Seasoning– S  
**Mustard** Spice Hunter yellow – S  
**Paprika** Spice Hunter Sweet – S  
**Serrano Chili's** Seasonings – S  
**Steak Rub** WildTree Rancher Steak Rub MLM (seasonings)  
**Salt** Bulk Sea Salt PLU #6682- S  
**Flour Rice** Arrowhead Mills White Organic  
**Flour** All Purpose Baking Bob's Red Mill  
**Flour Almond** Bob's Red Mill Supervise Almond Flour - S  
**Flour Oat** Bob's Red Mill - Super 1 Foods, S  
**Flour Coconut** Flour Organic 17.5 oz Bag Yellow/Purple – WF, S  
**Flour** Arrowhead Mills All-Purpose Baking Mix Gluten Free Flour – WF, S  
**Xanthum Gum** Bob's Red Mill - S  
**Cornmeal** Bob's Red Mill Stone Ground Whole Grain 24 oz package – S  
**Cornmeal** Bob's Red Mill Organic Course Grind Cornmeal Stone Ground 24 oz Clear Bag w/Yellow Label – K, WF, S  
**Cornmeal** Bob's Red Mill Organic Medium Grind Cornmeal Stone Ground 24 oz Yellow Bag – K, WF, S  
**Cornmeal** Arrowhead Mills Gluten Free Yellow Organic Cornmeal - S  
**Millet** Hulled Bulk Bins 6338 - S  
**Bread** Canyon Bakehouse Mountain White Gluten-Free – S  
**Oats Steel Cut** Bulk PLU #6507- S  
**Quinoa** Bulk #6342 – S  
**Quinoa** Ancient Harvest Quinoa Supergrain Pasta Elbow Corn and Quinoa – S  
**Pasta** Delallo Gluten Free Pasta Penne Rigate – S  
**Pasta** Banza Rothko from Chickpeas – C, S  
**Spaghetti** Banza Spaghetti from Chickpeas – C, S

**Grits Corn** Bob's Red Mill 24 oz package – S  
**Rice** Brown Long Grain Rice PLU #6662 – S  
**Rice** Brown Long Grain Rice PLU 6663 - S  
**Rice** Lindbergh Farms Organic California Brown Jasmine Rice – S  
**Rice** White Long Grain PLU 6672 - S  
**Honey** Y.S. Eco Bee Farms - Raw – S  
**Honey** Texas Pure (Red label w/white Texas pic) – S  
**Honey** Glory Bee Organic Raw Clover Blossom – S  
**Honey** Glory Bee Organic Raw Fair Trade – S  
**Honey** Glory Bee Raw Montana White Clover Blossom – S  
**Honey** Pure by north Dallas Honey Co, Frisco, TX – S  
**Honey** Sprouts Organic Honey Raw 24 oz – S  
**Honey** Sprouts Organic Honey 12 oz – S  
**Honey** Nature Nate's North Organic Honey Raw & Unfiltered – S  
**Honey** Nature Nate's North Honey Raw & Unfiltered - S  
**Sesame Oil** Sprouts Organic – S  
**Sesame Oil** Sprouts Organic Toasted - S  
**Vegetables** Mixed Organic frozen – S  
**Vegetables** Mixed Vegetables with Lima Beans – S  
**Corn, Sprouts** Organic Frozen – S  
**Tomato Paste** Sprouts Roma Tomato Paste Non GMO – S  
**Tomato Juice** RW Knudsen Organic Tomato Juice 32 oz – WF, S  
**Cacao** Nibs 100% Organic Navitas Naturals unsweetened – S  
**Cacao** Nibs Navitas 8 oz – WF, S  
**Snack Crackers** Quinoa Crispbread 100% organic Les Pain Fleurs – S, MS  
**Soap** Sprouts Hand Citrus – S  
**Hair Color** Tint of Nature Natural Medium Brown 4N – S  
**Shampoo & Conditioner** Jason Biotin Hyaluronic Acid - S  
**Deodorant** EO Organic Citrus Spray Deodorant – S  
**Deodorant** EO Organic Cool Spray Deodorant – S  
**Deodorant** EO Organic Fresh Spray Deodorant – S  
**Deodorant** Herban Cowboy Blossom For Her Deodorant – S  
**Deodorant** Herban Cowboy Love For Her Deodorant – S  
**Deodorant** 24 Hr Crystal Mineral Unscented 4.25 oz White with Purple/Pink & Blue Label Clear top – S  
**Deodorant** 24 Hr Crystal Invisible Solid Lavender & White Tea 2.5 oz Purple Top – S  
**Deodorant** 24 Hr Crystal Solid Chamomile & Green Tea 2.5 oz Yellow Top - S  
**Hemp Pro Fiber** Manitoba Harvest Organic Hemp Pro Fiber Original 1 lb – OL, S  
**Hemp Pro** Manitoba Harvest Organic Hemp Pro 70 Original 1 lb – OL, S  
**Hemp** Manitoba Harvest Organic Hemp Hearts – 12 oz – S  
**Body Mist** Aura Cacia Relaxing Lavender Room and Body Mist 4 oz – WF, S  
**Skin Care Oil** Aura Cacia Organic Argan Skin Care Oil – WF, S  
**Diaper Cream** Badger Calendula with Beeswax & Sunflower Zinc Oxide 2.9 oz – S  
**Stress Relief** Bach Rescue Remedy Natural Stress Relief Yellow Box – S  
**Sunscreen Cream** Badger Baby Chamomile & Calendula Broad Spectrum SPF 30 Natural Mineral - S

## **WALMART**

**Blueberries** Driscoll Organic (green label not yellow) – K, MS, WM  
**Blackberries** Driscoll Organic (green label not yellow) – K, MS, WM  
**Raspberries** Driscoll Organic (green label not yellow) – K, MS, WM  
**Strawberries** Driscoll Organic (green label not yellow) – K, MS, WM  
**Oranges** Cuties/Halos (In bag and box)  
**Potatoes** Cal-Organic - K, WM  
**Hummus** Sabra Classic Hummus (some of the small ones have mold)  
**Peanut Butter** Smucker's Natural (chunky only) - MS, WM (1 in 8 test poorly)  
**Peanut Butter** Smucker's Organic – WM  
**Peanut Butter** Once Again Organic Crunch Peanut Butter Unsweetened & Salt Free  
**Peroxide** Hydrogen (brown bottle w/ purple on label) – WM  
**Baking Soda** Arm & Hammer (that familiar orange box we all know)

**Baking Powder** Rumford Aluminum-Free Baking Powder  
**Cornstarch** Argo – WM  
**Seasoning Blend** Picksweet Farms Seasoning Blend **Frozen** 24 oz Pkg w/Onion, Celery, Red Pep, Grn Pep & Parsley Flakes – WM  
**Parsley Flakes** - WM  
**Honey** Nature Nate's North Dallas Honey Co. Raw & Unfiltered – WM  
**Honey** Pure Honey North Dallas Honey Co. Frisco, TX – S, WM  
**Mayonnaise** Dukes SKU 52500 05005 – WM  
**Vinegar** Apple Cider Great Value organic SKU 78742 15525 – WM  
**Olives** Great Value Medium Black Olives Pitted Canned SKU 78742 36978 - WM  
**Corn Chips** Xochitl Thin Corn Chips – MS, Target, some WM  
**Tortilla Chips** Food Should Taste Good Multigrain Tortilla Chips – MS, WF, WM  
**Pasta** Elbow Ronzoni Gluten Free – WM  
**Rice** Golden Star Organic Jasmine Rice – WM  
**Pinto Beans** Casserole Pinto Beans in Bag – WM  
**Green Beans** Allen's Italian Green Beans 28 oz **Can** – WM  
**Green Beans** Allen's Seasoned Italian Green Beans 28 oz **Can** - WM  
**Crackers** Crunchmaster Multi Seed Crisps Original – SC, WM  
**Sauce** Pasta Sause Classico Fire Roasted Tomato and Garlic – WM  
**Gelatin** Knox unflavored - WM  
**Gelatin** Great Value unflavored – WM  
**Salsa** Clint's Texas Salsa (mild only) SKU #1344000003 – T, TT, NG, WF, WM  
**Pasta Sauce** Classico 4-Cheese Alfredo Pasta Sauce – WM  
**Sardines** Season Sustainably Harvested Sardines in Olive Oil – WM  
**Lemonade** Country Time in Plastic jug – Dollar General, WM  
**Plants** Bonnie Brand - Arkansas Traveler Tomato, Black Prince Tomatoes, Eggplant, Zucchini Squash (Black Beauty), Red Bell (Sweet Peppers), Dill, Strawberries, Pineapple Sage, Mexican Tarragon, Spearmint (found a bad lemongrass)  
**Pans** Cooking with Calphalon Special Value Nonstick 8" & 10" Omelette Pan Set – WM  
**Instant Pot** IP-DUO660 7 in 1 Multi-Functional Pressure Cooker 6Qt/1000W – Amazon or WM  
**Laundry Detergent** ECOS Free and Clear Laundry Detergent – NG, WM  
**Laundry Detergent** ECOS Plus Stain Fighting Enzymes 120 Loads - WM  
**Cetaphil** Moisturizing Cream for Dry Sensitive Skin  
**Cetaphil** Daily Advanced Fragrance Free Lotion  
**Aveno** Face Washes - WM  
**Almay** Oil Free Makeup Remover Pads – Sam's, WM  
**Soap** Dove unscented, sensitive skin bar soap - WM  
**Soap** Irish Spring Aloe Vera soap bar – WM  
**Towelettes** Equate Makeup Remover and Cleansing Towelettes – WM  
**Hair Conditioner** Maui Heal & Hydrate Shea Butter for Dry Damaged Hair 13 oz – WM  
**Deodorant** Jason Lavender Stick 2.5 oz  
**Bags** Great Value Double Zipper Fresh Seal Quart Bags – WM  
**Conditioner** Clairol Herbal Essences Rose Hips Vit E Jojoba for Colored Permed Damaged Hair – WM  
**Face Cream** Nadinola Skin Discoloration Fade Cream – WM  
**Skin & Face Cream** Palmer's Skin Success Face Cream with Vit E Anti Dark Spot – WM  
**Lotion** Curel Ultra Healing Intensive Lotion – WM  
**Lotion** Aveeno Calming Lavender Body Lotion - WM  
**Cream** Aveeno Eczema Therapy Moisturizing Cream – WM

## **TOM THUMB**

**Spinach** O Organics Baby Spinach (chop off stems) – TT  
**Squash** Spaghetti – TT  
**Onions** O Organics 3 Lbs – TT  
**Onions** Red Nature's Bounty Red Organic Onion 3 Lbs. (from Mexico) – TT  
**Grapes** Green Organic Biolgoque (added 8/18) - TT  
**Oranges** Cuties/Halos (In bag or box) – TT  
**Pears** Tres Ases Bartlett Pears Argentina PLU #4409 - TT  
**Plums** Black (added 8/18) - TT  
**Salmon** smoked Echo Falls - Wild Alaskan Sockeye (note: salty) – WF, TT

**Eggs** Eggland's Best Organic - MS, TT, etc.  
**Hummus** Sabra Classic Hummus (some of the small ones have mold)  
**Salsa** Clint's Texas Salsa (mild only) SKU #1344000003 – T, TT, WM, NG  
**Sweetener** Stevia in the Raw – TT  
**Sweetener** Truvia Stevia Powder - TT  
**Coconut water** Naked 100% Coconut Water - K, TT, WF  
**Artichoke** Marinated Artichoke Hearts CaraMia - TT  
**Olive Oil** Star Extra Virgin Olive Oil – TT  
**Olive Oil** O Organics Organic Extra Virgin Olive Oil – TT  
**Vinegar** O Organics Organic Apple Cider Vinegar Raw Unfiltered - TT  
**Ice Cream** Haagen-Daz Vanilla 28 oz. – WM, TT  
**Nuts** Cashews Balued Naturals with Sea Salt 20 oz bag - TT

## **NATURAL GROCERS**

**Gum** Simply Gum 100% Natural Mint - NG  
**Beef** Teton Waters Ranch 100% Grass Fed – NG  
**Chicken** Breast Boulder Natural Boneless Skinless – NG  
**Ham** Applegate Naturals Black Forest Ham  
**Turkey** Breast Applegate Naturals Honey Turkey - MS, NG  
**Turkey** Breast Applegate Naturals Maple Turkey - MS, NG  
**Turkey** Breast Applegate Natural Roasted Turkey - MS, NG  
**Eggs** Farmer's Hen House Free Range Jumbo (added 8/18) - NG  
**Cottage Cheese** Kalona Super Natural Organic Whole Milk Cottage Cheese - NG  
**Cottage Cheese** Kalona Supernatural Organic Low Fat Milk Cottage Cheese - NG  
**Cream Cheese** Nancy's Organic Cream Cheese - NG  
**Cheese** Mountain Sterling Raw Goat Cheese (Sharp or Mild) – CM, some NG  
**Yogurt** Kalona Supernatural Organic Greek Yogurt  
**Frozen Veggies** Cascadian Farms Organic Frozen Veggies (Not from Mexico or China) - NG  
**Hummus** Oasis Original Hummus – NG  
**Apple Sauce** Santa Cruz Organic Apple Sauce – NG  
**Apple Sauce** Cadia Organic Gravenstein Apple Sauce - NG  
**Carob Powder** Chatfields Carob Powder – NG  
**Coconut** Natural Grocers - Organic Fine Shredded Coconut – NG  
**Flax** Golden Flax (in the fridge) - NG  
**Broth** Imagine Beef Flavored Organic Low Fat – NG  
**Bread** Alvarado St. Bakery California Complete Protein Bread – HM, WF, NG  
**Bread** Alvarado St. Bakery Sprouted Wheat Multi-Grain Bread – HM, WF, NG  
**Bread** Alvarado St. Bakery Sprouted Whole Wheat Bread  
**Bread** Alvarado St. Bakery Seriously Sprouted California Style Bread  
**Bread** Canyon Bakehouse Gluten-Free Bread Mountain White S, WF, NG  
**Flour Buckwheat** Organic and Non-Organic Natural Grocers Brand – refrigerated - clear package – NG  
**Flour Coconut** Organic Natural Grocers Brand (clear package found in cooler) – NG  
**Flour White** Unbleached Organic (clear plastic in refrigerated area) – NG  
**Buckwheat** NG Organic White Buckwheat in the 1 lb Package  
**Apples** Artisan Organics Stemilt (with the red lady bug) - Granny Smith – S, NG  
**Apples** NZ Queen 94122 (added 8/18) - NG  
**Kiwi** Bio Italian Organic Kiwifruit #94030 (Big easy to read label)  
**Mangos** Organic 94959 Product of Mexico (pea colored border around white sticker w/dk blue text) – NG  
**Nectarines** Biologoque UK (added 8/18) - NG  
**Peaches** White Peach Homegrown Organic Farms (yellow sticker w/dark green border)  
**Cabbage** Natural Grocers Organic Cabbage – NG  
**Kale** B Organic Green Kale – NG  
**Lettuce** Organic Green and Red Leaf Lettuce – NG  
**Swiss Chard** Mr. Lucky Organics Swiss Chard - NG  
**Crispbread** Wasa Light Rye Crispbread - NG  
**Taco Shells** Garden of Eatin' Yellow Corn Taco Shells – NG  
**Corn Tortillas** Mi Rancho organic handcrafted corn tortillas – NG  
**Masa Harina** Organic (to make your own tortillas) – NG  
**Vegetables** Tasty Bite All Natural Indian Vegetable Tikka Masala – NG +  
**Noodles** Bionaturae 100% Organic Traditional Egg Pasta – NG

**Noodles** Ancient Harvest Organic Quinoa Supergrain Pasta – NG  
**Noodles** BioNaturae Organic 100% Whole Wheat Spaghetti – NG  
**Rice** Lundberg Family Farms Organic California White Jasmine Rice – NG  
**Quinoa** True Roots Organic Whole Grain Sprouted Quinoa – HM, NG  
**Quinoa** TruRoots Sprouted TriColor Quinoa – MS, NG  
**Pasta Sauce** Walnut Acres Organic Tomato Basil Pasta Sauce – NG  
**Pasta Sauce** Cadia Organic Tomato Basil Pasta Sauce – HM, NG  
**Pasta Sauce** Muir Glen Organic Italian Herb Pasta Sauce - NG  
**Pasta Sauce** Muir Glen Organic Garden Vegetable Pasta Sauce – NG  
**Pasta Sauce** Muir Glen Organic Tomato Basil Pasta Sauce  
**Tomato Sauce** Muir Glen Organic Tomato Sauce (low sodium) – NG  
**Peanut Butters** Santa Cruz Organic Peanut Butters – WF, NG  
**Coconut Oil** Nature's Way Organic Coconut Oil (Small/Med) (Don't buy large or liquid) - HM, MS, WF, NG  
**Salsa** Frontera Jalapeno Cilantro Salsa – NG  
**Salsa** Clint's Texas Salsa (mild only) SKU #1344000003 – T, TT, WM, NG  
**MungBeans** TruRoots Sprouted – HM, MS, NG  
**Lentils** Green TruRoots Sprouted – HM, MS, NG  
**Lentils** Green Organic Store Brand Prepackaged (added 8/18) – NG  
**Lentils** Red Organic Store Brand Prepackaged (added 8/18) – NG  
**Peas** Organic Yellow Split Peas Store Brand Prepackaged (added 8/18) – NG  
**Beans** Natural Grocers Organic Garbanzo Beans Canned SKU 4932700055 – NG  
**Beans** Eden Organic Navy Beans No Salt Added Canned 15 oz - NG  
**Sweetener** Madhava Agave Nectar Light (keep in fridge it shows mold after a few months) - MS, NG  
**Coconut Milk** Native Forest Unsweetened Organic Coconut Milk Simple 13.5 oz SKU 4318200206 – NG  
**Bars** Go Raw Organic Sprouted Pumpkin Seed Bar 51g SKU 5988800004 – NG  
**Bars** Taos Bakes Pecan Praline & Maple Syrup Bar SKU 5696200722 – NG  
**Bars** Taos Bakes Caramel Pecan & Cranberries – SKU 5696200716 - NG  
**Dog Food** Taste of the Wild Wetlands Canine Formula with Roasted Fowl – NG  
**Dog Food** Chicken Soup for the Dog Lover's Soul Adult Dog Light Formula - NG  
**Dog Food** Castor & Pollux Organix dry  
**Dog Treats** Castor & Pollux Grass Fed Rawhide – NG  
**Dog Treats** Castor & Pollux Organic Dog Cookies Organic Chicken flavor - NG, OL, PetsMart  
**Lip Glosses** with wand Mineral Fusion – MS, WF, some NG  
**Mascara** 100% Pure – NG  
**Mascara** Larenim - NG  
**Hand Sanitizer** EO Lavender Spray – NG  
**Deodorants** Herban Cowboy (both stick and roll-on) – NG  
**Castor Oil** NOW – office, OL, NG  
**Laundry Detergent** ECOS Free and Clear Laundry Detergent – WM, NG  
**Dish Soap** Ecos Dishmate Pear – NG  
**Dish Wash** EcoMax Hypoallergenic Ultra Dish Wash – NG  
**Dishwashing Liquid** Earth Friendly Products Pear, Almond, Grapefruit  
**Rinse Aid** Earth Friendly Products WaveJet Rinse Aid (JetDry Alternative) – NG

#### **HIRSCH'S**

**Bacon** Applewood Smoked Bacon - HR  
**Ground Beef** some – HR  
**Steaks** some – HR  
**Ham** GFS Spiral Sliced Hickory Honey Ham - HR  
**Chicken Thighs** – HR  
**Chicken Tenders** - HR  
**Cheese** Swiss Big Eye Swiss Cheese (the other cheeses don't test well) – HR

#### **HERBMART**

**Eggs** Farmers Hen House Free Range Large Brown Grade A Eggs – HM  
**Cheese** Natural Valley Goat Cheese Sharp Cheddar 8 oz – HM  
**Cheese** Bunker Hill Raw Milk Cheddar Cheese 8 oz - HM  
**Almond Milk** Almond Breeze Unsweetened unflavored Almond Milk – HM  
**Almond Milk** Cadia Organic Almondmilk Unsweetened 32 oz – HM  
**Almond Milk** Cadia Organic Vanilla Almondmilk Unsweetened 32 oz – HM

**Kefir** Bandi Greek Kefir Probiotic 59 fl oz – HM  
**Kefir** Bandi Greek Kefir Original 59 fl oz - HM  
**Coconut Water** One 100% Coconut Water 33.8 oz – HM  
**Tuna** Crown Prince Solid White Albacore Tuna in Spring Water 5 oz - HM  
**Bread** Alvarado St. Bakery California Complete Protein Bread – WF, NG, HM  
**Bread** Alvarado St. Bakery Sprouted Wheat Multi-Grain Bread – WF, NG, HM  
**Bread** Alvarado St. Bakery Sprouted Whole Wheat Bread  
**Bread** Alvarado St. Bakery Seriously Sprouted California Style Bread  
**Pita Bread** Food For Life Organic Whole Wheat Pita Bread (keep frozen until use, gets moldy fast) - MS, HM  
**Almonds** Rainbow Acres Natural Almonds 16 oz SKU 2263910105 – HM  
**Almonds** Woodstock Organic Raw Almonds 7.5 oz – HM  
**Pistachio Nuts** Rainbow Acres Dry Roasted Pistachio Nuts No Slat Added 1 lb SKU 2263910186 – HM  
**Sunflower Seeds** Rainbow Acres Raw Natural 2 lbs SKU 2263910219 - HM  
**Cereal** Arrowhead Mills Organic Oat Bran Flakes  
**Cereal** Field Day Organic Whole Grain Golden Rice Crisps Organic Cereal  
**Cereal** One Degree Organic Foods Veganic Sprouted Ancient Grain O's  
**Cereal** Arrowhead Mills Organic Puffed Kamut Cereal 6 oz – HM  
**Millet** Bob's Red Mill Whole Grain Millet 28 oz – HM  
**Tortillas** Food for Life Sprouted Corn Tortillas 12 Count - HM  
**Oats** Bob's Red Mill Gluten Free Steel Cut Oats  
**Oats** Rolled Sprouted One Degree Organic Foods - HM  
**Flour** Bob's Red Mill All Purpose Baking Flour  
**Flour** Arrowhead Mills Organic Buckwheat Flower 22 oz - HM  
**Quinoa** True Roots Organic Whole Grain Sprouted Quinoa  
**Pasta Sauce** Cadia Organic Tomato Basil Pasta Sauce – NG, HM  
**Pasta** Cadia Gluten Free Fusilli Brown Rice Pasta 16 oz – HM  
**Pasta** Cadia Gluten Free Penne Brown Rice Pasta 16 oz – HM  
**Pasta** Tinkyada Pasta Joy Brown Rice Pasta Spirals – HM  
**Spaghetti** Natural Eddie's Spaghetti Vegetable Rotelli – HM  
**Apple Sauce** Santa Cruz Organic Apple Sauce – NG, HM  
**Almond Butter** Tree of Life Crunchy Almond Butter – HM  
**Almond Butter** Cadia Crunchy Almond Butter 16 oz - HM  
**Peanut Butter** Arrowhead Mills Crunchy Peanut Butter – HM  
**Apple Cider Vinegar** Tree of Life organic ACV – HM  
**Balsamic Vinegar** Cadia Organic Balsama Vinegar of Modena (Keep in fridge goes moldy quickly) - HM  
**Sauerkraut** Cadia Organic Sauerkraut - HM  
**MungBeans** TruRoots Sprouted – MS, NG, HM  
**GreenLentils** TruRoots Sprouted – MS, NG, HM  
**Raisins** Earthbound Raisins 10oz – HM  
**Raisins** Cadia Organic Raisins 15 oz – HM  
**Seaweed** Cadia Lightly Salted Roasted Seaweed - HM  
**Split Peas** Cadia Organic Split Peas (dried) – HM  
**Olive Oil** Cadia All Natural California Extra Virgin Olive Oil – HM  
**Coconut Oil** Tree of Life Organic Refined Coconut Oil – HM  
**Coconut Oil** Nature's Way Extra Virgin Coconut Oil 16 oz – MS, NG, WF, HM  
**Honey** Tree of Life Clover Honey  
**Honey** Tree of Life Alfalfa Honey  
**Honey** Tree of Life Orange Blossom Honey - HM  
**Rice Chips** Lundberg Farms Rice Chips Lightly Salted – CM, MS, WF, HM  
**Nut Chips** Blue Diamond Nut Chips Lightly Salted – S, HM  
**Corn Chips** Cadia Organic Yellow Corn Chips 255 g – HM  
**Veggie Sticks** Eat Smart Snacks Veggie Sticks Sea Salt 7 oz – HM  
**Pea Crisps** Peeled Snacks Baked Pea Crisps Organic Sea Salt 3.3 oz - HM  
**Frozen Veggies** Cascadian Farms Organic Frozen Veggies (Not from Mexico or China) – HM  
**Frozen Veggies** Tree of Life Organic Frozen Veggies (Not from Mexico or China) – HM  
**Frozen Veggies** Cadia Organics – HM  
**Frozen Tortillas** Food for Life Organic Sprouted Grain Corn Tortillas (keep frozen until use) – MS, HM  
**Dill Pickles** Woodstock Organic Kosher Baby Dill Pickles 24 oz – HM  
**Dill Pickles** Woodstock Organic Kosher Sliced Dill Pickles 24 oz – HM  
**Pickles** Bread & Butter Woodstock Organic Bread & Butter Pickle Chips 24 oz - HM

**Whey Factors** Natural Frech Vanilla Flavor Whey Factors Grass Fed Natural - HM  
**Toothpaste** NOW XyliWhite Refreshment toothpaste – HM  
**Toothpaste** Desert Essence Natural Tea Tree Oil Mint Toothpaste (w/o Flouride) – MS, NG, HM  
**Castille Soap** Kirk's (unscented) - HM  
**Body Wash** Jason Citrus – HM  
**Deodorant** Lavilin Underarm Deodorant Cream - HM  
**Deodorant** Kiss My Face Unscented Roll-on  
**Nasal Spray** Xlear Xylitol Nasal Spray – HM  
**Cat Treats** Fruitables Wildly Natural Cat Treats Chicken Flavored 2.5 oz - HM

### **ALDI**

**Cheese** Mozzarella Priano Fresh Mozzarella Cheese – A  
**Cheese** Specially Selected Gruyere Cheese 6oz (imported from Switzerland) – A  
**Salsa** Simply Nature Organic Thick & Chunky Medium Salsa 16 oz - A

### **HMART (Parker & K Avenue, Plano)**

**Bananas** Thai Bananas - HMart  
**Rice** Three Ladies Brown Jasmine Rice from Thailand - HMart

### **JUSGO SUPERMAKET**

**Bean** Mung Bean **Paste** Thread – JG  
**Bean** Mung Bean Sprouts #70151 – JG  
**Bean** Mung Bean Sprouts Green Valley Food Corp SKU #1472220816 – JG  
**Sprouts** Bean Sprouts Dallas Calco SKU #8823601012 – JG  
**Sprouts** Soy Bean Sprouts #70152 – JG  
**Sprouts** Pea Sprouts 8 oz SKU #2144900500 – JG  
**Bok Choy** Sweet PLU #1108 USA Mexico - JG  
**Cabbage** Napa Cabbage and Long Napa Cabbage – JG  
**Noodles** Korean Style Starch Noodles (sweet potato starch) 12 oz colorful bag (says SURA on top left)  
**Noodles** Brown Rice Sticks  
**Spring Roll Skins** Banh Trang Song Huong Spring Roll Skins – JG  
**Melon** Yellow #602220 – JG  
**Bananas** Baby Bananas PLU #264 Mexico/Guatemala – JG  
**Papaya** PLU #225 USA/Mexico – JG  
**Napa** #70101 USA/Mexico – JG  
**Onions** Green Onions PLU #135 USA/Mexico – JG  
**Ginger** PLU #139 Jamaica/China - JG

### **COSTCO**

**Milk** Kirkland Organic 2% Reduced Fat – C  
**Milk** Kirkland Organic Whole Milk – C  
**Nectar** Nimble Nectar Cranberry Ginger- Only Flavor Tested Sold at Costoco Roadshows  
**Yogurt** Kirkland Organic Greek Plain Nonfat 48 oz – C  
**Bacon** Kirkland Signature Thick Sliced – C  
**Pastrami** Columbus Uncured Naturally Smoked Seasoned 4768771474 - C  
**Salmon** Wild Copper River Sockeye Fillet 33782 - C  
**Chicken** Tenderloins Kirkland Signature Organic Chicken Tenderloins Boneless & Skinless – C  
**Chicken** Thighs Kirkland Signature Organic Chicken Thighs Boneless & Skinless – C  
**Chicken** Breast Columbus Rotisserie Seasoned 2096301335 - C  
**Turkey** Breast Columbus Herb Roasted Turkey Breast – C  
**Turkey** Breast Dietz & Watson Organic Roasted Turkey Breast 3150662717 - C  
**Turkey** Ground Farm to Family Organic Ground Turkey – C  
**Bread** Schar Gluten Free Artisan White Bread - C  
**Apples** Fuji Awe Sum Organics Organic Fuji Apples 5.5 lb New Zealand – C  
**Grapes** Four Star Fruit Organic Green Seedless 5495700181 - C  
**Honeydew** Kandy Dewlicious Golden USA 3100 - C  
**Kiwi** Zespri Sungold Kiwi – MS, C  
**Pears** Bartlett Domex Superfresh Growers Organic Bartlett Pears 5 lb – C  
**Pineapple** Dole Ananas Tropical Gold Pineapple PLU #4430 – C  
**Salad** Braga Farms Sweet Kale Chopped Salad – C



**Greens** Earthbound Farms Organic Power Greens Baby Chard, Kale Spinach Triple-washed – C  
**Romaine Hearts** – Josie's Organics Organic Romaine Hearts 6 pc – C  
**Cucumbers** Brighthouse Organics Organic English Cucumbers - C  
**Flour** Almond Honeyville – C  
**Flour** Kirkland Blanched Almond Flour - C  
**Almond Butter** Kirkland Organic Creamy 27 oz - C  
**Maple Syrup** Kirkland Signature Organic Maple Syrup 1L – C  
**Honey** Kirkland Texas Raw Unfiltered 3 Lb - C  
**Quinoa** Earthly Choice Organic premium Red Quinoa 4 lbs – C  
**Quinoa** Tru-Roots Rice and Quinoa Blend – C  
**Quinoa** Kirkland Organic 4.5 lb – C  
**Quinoa** Village Harvest Premium Whole Grain 15 lb – C  
**Pasta** Rothko Banza Rothko from Chickpea – C  
**Spaghetti** Banza Spaghetti from Chickpea - C  
**Rolled Oats** Organic Farmers We Know One Degree Gluten Free Sprouted 5 lb Bag - C  
**Turmeric** Kirkland Signature Ground Turmeric 12 oz – C  
**Sea Salt** Kirkland Fine Grain 30 oz – C  
**Pepper** Kirkland Black Pepper Whole Peppercorns 6.3 oz in a Grinder – C  
**Pepper** Kirkland Course Grind Black Pepper 12.7 oz - C  
**Protein Powder** Vega – C  
**Chia Seeds Black** Nutiva – C  
**Seaweed** Roasted Kirkland – C  
**Tortilla Chips** Multigrain Late July Snacks – Sea Salt (Chia Flax Millet Quinoa & Amaranth) - C  
**Almonds** Kirkland Marcona Almonds Roasted and Seasoned with Sea Salt (plastic cont. w/ peanut oil)  
**Almonds** Kirkland 3 Lb Bag - C  
**Walnuts** Kirkland Organic 1.7 lb - C  
**Olive Oil** Kirkland Extra Virgin Olive Oil Toscano – C  
**Olive Oil** Carapelli Organic Extra Virgin Olive Oil First Cold Pressed 33.8 oz – C  
**Ketchup** Heinz Organic Tomato Ketchup 2 Pack – C  
**Mustard** French's Organics Classic Yellow Mustard 2 Pack - C  
**Cheese** Goat Cheese Kirkland Signature Goat Cheese Wisconsin – C  
**Cheese** Asiago Kirkland Signature Lake Country Asiago Cheese Wisconsin – C  
**Cheese** Sticks 24 oz Bag Blue and Green 24 Sticks - C  
**Body Lotion** Kirkland's 100% pure plant extracts 22 oz bottles – C  
**Skin Cream** Infinite Aloe Fragrance Free Skin Care Cream – OL, Costco Roadshows  
**Lotion** Kirkland's body lotion 100% pure plant extracts 22 oz bottles – C  
**Wipes** Kirkland Face Wipes – C  
**Wipes** Kirkland Baby Wipes Ultra Soft Tencel – C  
**Detergent** Kirkland Ultra Clean Free and Clear Detergent - C

**ONLINE/OTHER (see also Office)**

**Anti-Aging Skin Cream** Progressive Labs MSM Rejuvenator - cheapest at the office, also available OL  
**Blushes** individual Mineral Fusion – MS, WF, [iherb.com](http://iherb.com)  
**Concealer Duo** Mineral Fusion [iherb.com](http://iherb.com)  
**Conditioner** NOW Lavender Field, Berry Full, Citrus Moisture Conditioner - office, OL  
**Conditioners** Thorne Unscented or Citrus Blend conditioners - OL  
**Defense Day Cream** Dr. Denese Skin Science - SPF 30  
**Deodorant** Lavilin Underarm Deodorant Cream - HM, OL  
**Eye Emulsion** Dr. Denese Skin Science - HydroShield  
**Eye shadows** Jane Iredale matte  
**Eyeliners** Blinc liquid black felt eyeliner pen - OL  
**Eyeliners** Mineral Fusion – OL  
**Facial Pads** Dr. Denese Skin Science - Advanced Firming - OL  
**Firming Serum** NOW Hyaluronic Acid - at the office, OL  
**Hydrating Cleanser** Dr. Denese Skin Science  
**Hydrating Masque** Aveda Intensive Hydrating masque - OL  
**Lip Balm or Lip Drink Balm** Jane Iredale SPF 15 (in Sheer & Flirt – others not tested) OL, etc  
**Lip Balm** Simply Organic - OL  
**Lip Balm** SPF 15 (in "sheer" and "flirt" - other colors not tested) - OL and wherever they are sold.  
**Lip Balm** Thorne - sometimes at the office, [iherb.com](http://iherb.com)

**Loose Mineral Powder** Jane Iredale Amazing Base UVB/UVA Medium protection SPF 20  
**Lotion** Miracle II Lotion – OL  
**Lotion** Nature's Gate Fragrance-free Moisturizing Lotion [iherb.com](http://iherb.com)  
**Moisturizer** Hempz Pure Herbal Extracts Exotice Green Teas ans Asian Pear Herbal Body Moist - ON  
**Mascara** 100% Pure - [amazon.com](http://amazon.com)  
**Mascara** 100% Pure Jane Iredale Lip Drink - [amazon.com](http://amazon.com)  
**Mascara** Lancome Drama – OL, Etc  
**Mascara** Larenim - NG, [amazon.com](http://amazon.com)  
**Mascara Primer** Lancome – OL, Etc  
**Moisturizing Face Serum** Dr. Denese Skin Science - HydroShield Ultra  
**Moisturizing Lotion** Nature's Gate Fragrance-Free – [iherb.com](http://iherb.com),  
**Natural Gel** Devita - at the office, OL  
**Powder Me** Jane Iredale SPF Dry SunScreen SPF 30  
**Protein Powder** Bluebonnet 100% Natural Dual-Action Protein Whey+Casein free roaming grass fed cows.  
**Protein Powder** Nutribiotics Rice Protein – OL  
**Rx Retinol Peel** Dr. Denese Skin Science - FirmaTone  
**Salmon** Oregon's Choice Pacific Salmon – OL  
**Shea Butter** Out of Africa Pure Unscented Stick - [iherb.com](http://iherb.com)  
**Skin care** Vitamin C Serum Skin Care Mario Badescu  
**Soap** Dr. Bronner's Castille Baby Mild Unscented, 1 gallon - [amazon.com](http://amazon.com)  
**Natural Clear and Lavender** Tom's of Maine - OL  
**Beauty bar** Tom's of Maine Daily Moisture - WF, OL  
**Beauty bar** Tom's of Maine Relaxing - K, WF, OL  
**Shampoo** Thorne Unscented or Citrus Blend – OL  
**Shampoo** Burt's Bee Very Volumizing Pomegranate and Soy  
**Shampoo** NOW Lavender Fields, Berry Full, Citrus Moisture - office, OL  
**Hair Color** Ion Color Brilliance Brights Semi Permanent Crème Hair Color Purple – OL  
**Hair Color** Ion Color Brilliance Permanent Crème Hair Color Plum 4VV – OL  
**Hair Color** Well Color Charm Permanent Liquid Hair Color Cinnamon 5WV - OL  
**Vitamin C serum** "Mad Hippee" 30ml/1.02oz  
**Wrinkle Smoother** Dr. Denese Skin Science - Triple Strength Advanced Treatment  
**Tea Tree Oil** Tea Tree Therapy Tea Tree Oil – MS, OL  
**Tuna Albacore** Oregon's Choice - OL  
**Instant Pot** IP-DUO660 7 in 1 Multi-Functional Pressure Cooker 6Qt/1000W - WM or Amazon  
**Saucier** Sur La Table Tri-Ply Stainless Steel Saucier SLT-0001244 2Qt. – Amazon  
**Dog Food** Castor & Pollux Organix Dry Dog Food – NG, PetCo, PetsMart, Chewy.com  
**Bread** Berlin Bakery Sourdough Spelt Bread – The Cupboard in Denton, OL  
**Honey** Warne Bee Farm Wildflower Local Honey – [www.warneshoneybees.com](http://www.warneshoneybees.com)  
**Cacao Nibs** International Harvest Organic Raw Cacao Nibs 12 oz – [www.puritan.com](http://www.puritan.com)  
**Hemp Hearts** Manitoba Harvest Organic Hemp Hearts Raw Shelled Hemp Seeds 12 oz – OL  
**Dish Soap** Ecover Pink Geranium Dish Soap – OL  
**Superfoods** Moringa Powder Raw Organic MRM Superfood 8.5 Oz – OL  
**Superfoods** Sacha Inchi MRM Superfood 8.5 oz – OL  
**Bread** Gluten Free Live G Free Gluten Free Whole Grain Wide Pan Bread 20 oz  
**Chap Stick** You Da Balm  
**Caladryl** Clear Lotion Good For Ridding Poison Ivy and the Like  
**Soap** Clinique Liquid Facial Soap Mild Dry Combination  
**Sunscreen** Clinique Superdefense Broad Spectrum SPF 25  
**Honey** Sue Bee White Clover Honey 5Lb

## **OFFICE**

**Anti-Aging Skin Cream** Progressive Labs MSM Rejuvenator  
**AMG** (Aging More Gracefully Naturally – Same Company as Designs for Health (Special order at office)  
**Firming Serum** NOW Hyaluronic Acid  
**Castor Oil** NOW  
**Lip Balm** Thorne  
**Lip Balm** Honora's Own Peppermint Flavor Lip Balm  
**Lip Care** E Gem Lip Care

**Toothpaste** Xyliwhite Cinnafresh – OL, Office  
**Toothpaste** Xyliwhite Coconut – OL, Office  
**Gloss** by Radius Cranberry Vegan Natural Cranberry with Xylitol  
**Nulogic** DreamLogic ETAS  
**Oil** Weleda Relaxing Body & Beauty Oil  
**Oil** Magnesium Health & Wisdom Magnesium Oil 4 fl oz  
**Skin Gel** Aloe life 4 oz Unscented  
**Sweetener** Anthony's Erythritol Gluten Free Non GMO  
**Cornmeal** Hodges Mills Yellow Stone Ground

### **SAM'S CLUB**

**Soap** Dove Unscented, Sensitive Skin Bar Soap – SC  
**Juice** Naked Green Machine – MS, SC  
**Flour** Almond Flour Blue Diamond 3 lb SKU 4157014265 - SC  
**Flour** Bob's Red Mill Baking Flour Gluten-Free – SC  
**Hummus** Sabra Classic Hummus – SC  
**Cinnamon** Member's Mark Organic Ground Saigon Cinnamon 7 oz – SC  
**Cinnamon** Ground Cinnamon Members Mark Tone's 18 oz – SC  
**Cilantro** Members Mark Tone's 4 oz – SC  
**Chili Powder** Members Mark Tone's 20 oz – SC  
**Cumin** Organic Ground Members Mark 8 oz – SC  
**Parsley Flakes** Members Mark Tone's 2.7 oz - SC  
**Peppercorns Black** – Tomes - SC  
**Pepper** Black Member's Mark Organic Ground Black Pepper 7 oz – SC  
**Pepper** Cayenne Member's Mark Organic Ground Cayenne Pepper 8 oz – SC  
**Turmeric** Member's Mark Organic Ground Turmeric 9.5 oz – SC  
**Thyme** Leaf Member's Mark Organic 2.9 oz – SC  
**Cheese** Alpenhaus Le Gruyere AOP Cheese Swiss 14 oz – SC  
**Cheese** Manchego Member's Mark El Cortijo Manchego Cheese Spain – SC  
**Cheese** Parmigiano Reggiano Member's Mark Cheese Italy – SC  
**Cheese** Cheddar Cheese Irish Cahill's Ireland Original Irish Whiskey Cheddar Cheese – SC  
**Cheese** Havarti Danamark Danish Havarti Cheese Denmark - SC  
**Cheese** Goat Member's Mark Chevre Fresh Goat Cheese Traditional 16 oz – SC  
**Cheese** Feta Athenos Traditional 24 oz – SC  
**Cheese** Gouda Cheese Dutchmark, Holland – SC  
**Walnuts** Natural Shelled Walnuts Members Mark 48 oz – SC  
**Ketchup** Organic Heinz Ketchup 44 oz – SC  
**Olive Oil** Organic Extra Virgin Olive Oil Members Mark 2 liter – SC  
**Brussel Sprouts** Los Angeles Salad Co 2 lb – SC  
**Oranges** Navel Oranges 8 lb produce of USA CA – SC  
**Apple Sauce** Organic Pouch Variety GoGo Squeez 24 pack 3.2 oz – SC  
**Pasta** Italian Angel Hair Members Mark 6 pack 1 lb – SC  
**Pasta** Italian Penne Rigate Members Mark 6 pack 1 lb – SC  
**Shampoo** Love Beauty and Planet Argan Oil and Lavender Shampoo Smooth & Serene - SC

### **SUPER 1 FOODS**

**Flour** Oat Bob's Red Mill - Super 1  
**Pinto Beans** dried HyTop – Super 1  
**Olive Oil** Full Circle Organic Olive Oil – Super 1 Foods  
**Olives** Food Club Pitted Canned Olives – Super 1 Foods

### **TARGET**

**Protein Powder** Vega – C, T  
**Corn Chips** Xochitl Thin Corn Chips – MS, Target, some WM

### **CENTRAL MARKET**

**Yams** Organic Garnet Yams – CM  
**Cheese** Mountain Sterling Raw Goat Cheese Sharp or Mild Cheeses – some NG's, CM  
**Apples** Organic Fuji – CM

**Apples** Organic Braeburn – CM  
**Lemons** Organic Lemons (White and yellow label) – CM  
**Pears** Organic Bartlett – Superfreshgrowers.com, CM  
**Bread** Central Market Sourdough Bread – CM  
**Bread** Central Market Sourdough Rye Bread – CM  
**Vinegar** Central Market Organics Apple Cider Vinegar – CM  
**Maple Syrup** Coomb's Family Farms Organic Grade A Maple Syrup – K, WF, CM

### **LOCAL YOCAL (Downtown McKinney, TX)**

#### **Chicken**

#### **SUBZI MANDI (Indian Store)**

**Puffed Rice** Pran 14 oz SKU3173000569 – SM  
**Puffed Rice** BP Gold Puffed Rice 28 oz – SM  
**Kefir Cheese** Byblos Lebni Pasteurized Kefir Cheese 16 oz – MB  
**Honey** Gunters Pure Honey Wildflower 32 oz SKU 2127320032 – MB  
**Honey** Gunters Pure Honey Clover 32 oz SKU 2127310032 – MB  
**Walnut** Halves 0.86 lb SKU 9100001943 – SM  
**Almonds** Sliced Almonds 0.86 lb SKU 910000019422 – MB  
**Peanuts** Indian Peanuts Raw 5 lb SKU 9100002316 – SM  
**Peanuts** Blance 0.86 lb SKU 9100002309 - SM

#### **BELKS**

**Makeup** Clinique Superbalanced Silk Broad Spectrum SPF 15 – Belks

#### **MISC. – Many Stores Carry**

Deodorant – Malin & Goetz Eucalyptus deodorant 1 oz

**Baby Items Added to the list:** Good baby supplies (for the most part, car seats and strollers test well, unfortunately we haven't found any electric breast pumps that test well. We could not find any baby noise machines that tested well except for heart beat sounds). **Bottles:**

Dr. Brown baby bottles (wide neck bottles 5 oz and 9 oz); DO NOT USE INSERTS, use only nipples, bottles  
BabyBrezza bottles, nipples  
Nuk simply natural bottles, nipples

#### **Pacifiers:**

Dr. Browns, GumDrop

#### **Diapers:**

Huggies little snugglers  
Huggies Special  
Babyganics  
Seventh Generation sensitive skin  
(Note: All pampers tested poorly, we tested bumgenius cloth diapers that tested poorly)

#### **Baby wipes:**

Huggies natural care  
Waterwipes

**Formula:** Similac Alimentum

#### **Bathing:**

No newborn tubs test well; the sink insert "Blooming Bath Lotus" tests well

#### **Nursing Pillow:**

My Brest Friend Pillow  
Organic My Brest Friend Pillow  
(Note: All Bobby pillows tested poorly)

#### **Changing pad:**

Skip\*Hop wipe clean changing pad

#### **Playmat:**

Skip\*Hop play mats

#### **Baby food:**

Earth's Best - Organic whole grain multigrain cereal oats, spelt and barley blend, organic whole grain rice cereal, organic whole grain oatmeal cereal

Plum Organics 2 Apple, spinach & avocado, 3.5 oz, S  
Beech-Nut Organics banana, cinnamon & granola

**Baby slings/wraps:**

Most of the carriers tested well, the cloth slings did not

Ergobaby

BabyBjorn

(Note: Moby and Boppy slings tested poorly)

Co-sleeping beds/docking cushions:

Dock-a-Tot

**DOLLAR GENERAL**

Lemonade Country Time in Plastic Jug – WM, DG