

**Updated 01/17/2021**

## **Disclaimer**

This list isn't a guarantee, it's a guideline. Items may test well and then test bad. Take caution with new items if you're super sensitive as they may end up being hit-or-miss.

## **Notice**

These are many of the items which have been tested free of contaminants in the office or in the stores. There is a lot less inflammation caused from these foods.

Notice the list of "**safe**" bottled waters. Folks are drinking purified/inadequately filtered water in bottles that have hormones & chemicals in it.

**\*\*\*Email me if you have any new additions or if something's started testing poorly!\*\*\***

Thank you to all those people who have contributed to keeping this List up-to-date! :)

Make sure you keep opened liquids (including supplements) in the fridge, along with your B vitamins. They'll stay better longer.

Spices are best stored in the freezer. Also, limit exposure to moisture, especially not letting steam into the spice container.

## **Added to the list:**

Bambu Grubware Bamboo Straws 6 reusable - NG

Eden Organic Buckwheat Soba, 8 oz - NG

TruRoots Quinoa 2 lbs - NG

TruRoots Sprouted Mung Beans - NG

Natural Grocers Bulk Quinoa White Organic - NG

Natural Grocers Bulk Mung Beans Organic - NG

Natural Grocers Bulk Green Split Peas non-GMO - NG

Natural Grocers Bulk Long Grain Brown Rice non-GMO - NG

Natural Grocers Bulk Pumpkin Seeds non-GMO - NG

Go Raw Organic Sprouted Bar, Spirulina Sesame - NG

Go Raw Organic Sprouted Bar, Pumpkin seed - NG

Green Mountain Gringo Tortilla Strips, Original, Yellow Corn - NG

Mi Rancho Organic Thin Corn Tortillas, Gluten free - NG

Crofter's Just Fruit Spread Organic Wild Blueberry, 10 oz -NG

Crofter's Just Fruit Spread Organic Blackberry, 10 oz - NG

Crofter's Premium Spread Organic Wild Blueberry, 10 oz - NG

Crofter's Premium Spread Organic Seedless Blackberry, 10 oz - NG

Eden Apple Butter Spread Organic, 17 oz - NG

Nutiva Coconut Oil, Virgin, clear plastic jar w/ white lid, 29 oz - NG

Nutiva Coconut Oil, Virgin, glass jar w/ green lid, 23 oz - NG

Natural Grocers Organic Apple Cider Vinegar, 32 oz - NG

Mestemacher Natural Pumpnickel w/ whole rye kernels, 17.6 oz - NG

Mestemacher Natural Whole Rye Bread w/ whole rye kernels, 17.6 oz - NG

C<sub>2</sub>O Farmer's Reserve Organic coconut water - NG

Vita Coco Coconut water, Original, 16.9 oz - NG

Straus Family Creamery Vanilla Bean - NG

Organic Valley String Cheese Mozzarella - NG

Organic Valley Heavy Whipping Cream, 8 oz - NG

Horizon Organic Heavy Whipping Cream, 1 pint - NG

Horizon Organic Half & Half, 1 pint - NG

Kalona SuperNatural Organic Whole Milk, 1 gal & ½ gal - NG  
Kalona SuperNatural Organic Plain Kefir, 32 oz - NG  
Kalona SuperNatural Organic Whipping Cream, 16 oz - NG  
Kalona SuperNatural Organic Half & Half, 32 oz - NG  
White Mountain Organic Whole Bulgarian Yogurt, 32 oz

## Removed

Natural Grocers Canned Black Beans - NG  
Natural Grocers Canned Organic Peas - NG  
Natural Grocers Canned Pinto Beans - NG  
Nature's Way Organic Raw Coconut, Whole Food, 16 oz - NG  
Mi Rancho White Corn Tortilla non-GMO, 9.3 oz - NG

**As always, be sure to avoid:**

Spectrum Oils

Braggs products

AveHass, Green Giant, EMP 033, EMP 055, EMP 106, 263 "Avocados from Mexico" with the Red Border, Pampa, Tielito Lindo, JBR, & JB brand avocados  
bananas, even organic (unless you find some Thai bananas!)  
bad bottled water (see beverages below)

**The list of foods/other stuff have been found to have tested well at one time.**

If you have a sugar sensitivity, you should ignore the sugar items...including most fruits (except lemons, tomatoes, avocados, and olives) and things like the Food Should Taste Good MultiGrain Tortilla Chips.

Read your labels!

**Store Legend**

A=Aldi

AM=Amazon.com

CM=Central Market

C=Costco

H=H-Mart (Parker and Avenue K in Plano)

HM=HerbMart (SW Corner of Coit & 15<sup>th</sup>)

HR=Hirsch's Meats Market (Parker and Alma in Plano)

JG=Jusgo Supermarket (fmr. Asia World) (Legacy and 75)

K=Kroger

LY=Local Yocal (downtown McKinney)

MS=Market Street

NG=Natural Grocers (one's at NW Corner of Coit & Campbell...another near Forest & Preston)

OL=online

S=Sprouts

S1=Super 1 Foods

SC=Sam's Club

SM=Subzi Mandi

T=Target

TJ=Trader Joe's

TT=Tom Thumb

WF=Whole Foods

WM=WalMart

We don't have a membership to Costco, so you won't find much of their stuff on the list :) )

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## **ANIMAL PROTEIN**

### Bacon:

Wellshire - All Natural Turkey Bacon Uncured -WF  
Wellshire - All Natural Turkey Bacon Peppered - WF  
Hirschs applewood smoked bacon - HR  
Black Forest bacon at WF (not packaged but in meat market)  
Niman Ranch Applewood Smoked Uncured Bacon 12 oz - S  
Niman Ranch Applewood smoked uncured bacon No Sugar 12 oz package - S  
Uncured Applewood smoked bacon Butcher Shop - S

### Beef:

some ground beef from HR  
some steaks from HR  
Pasture Perfect - Kobe Ground Beef - S  
Glatt Terra Kosher Food angus ground beef - TJ

### Bison:

Bear Mountain Bison - Ground Bison - S

### Chicken:

Boar's Head Deli Rotisserie Seasoned Chicken Breast  
Boar's Head Deli Golden Chicken Breast  
Boar's Head Deli Everroast of Chicken Breast  
Kirkland Signature Organic Chicken Tenderloins Boneless & Skinless - C  
Kirkland Signature Organic Chicken Thighs Boneless & Skinless - C  
Bnls Sknls Chicken Breast VP Butcher Shop at Sprouts - S  
Whole Organic Air Chilled Chicken - S  
Hirsch's chicken thighs and chicken tenders - HR  
Boulder Natural - Boneless Skinless Chicken Breast - NG  
Bell & Evans - fresh whole free range chicken – WF  
Chicken – Mary's Pasture Raised, WF  
Columbus Chicken breast rotisserie seasoned SKU 2096301335 – C  
Dietz&Watson Organic Roasted Turkey Breast SKU 3150662717 – C

### Eggs:

TJ's Organic Cage Free Extra Large Brown Eggs - TJ  
TJ's Organic Cage Free Large Brown Eggs - TJ  
Egglard's Best Organic eggs - MS, etc  
Tree of Life - Organic Large Brown eggs – HM  
Vital Farms Organic Pasture-Raised Eggs – K  
Farmers Hen House Free Range Large Brown Grade A Eggs – HM  
Trader Joe's Org Eggs Free Range grade A large brown and extra large brown – TJ

### Fish:

Oregon's Choice - Pacific Salmon - OL  
Oregon's Choice - Albacore Tuna - OL  
TJ's Alaskan Cod – TJ  
TJ's Dover Sole Fillets -TJ  
TJ's Wild Alaskan Sockeye Salmon Fillets - TJ  
Echo Falls - Wild Alaskan Sockeye Smoked Salmon (note: salty) – TT, WF  
American Tuna – WF  
Crown Prince Solid White Albacore Tuna in spring water, 5 oz – HM  
Season Sustainably Harvested sardines in olive oil – WM  
Wild Copper River Sockeye salmon fillet SKU 33782 – C

Ham:

Applegate Naturals Black Forest ham  
GFS – Spiral Sliced Hickory Honey Ham, Hirsch's  
365 Everyday Value smoked ham spiral sliced uncured, WF

Pork:

TJ,s Butcher Shop boneless pork loin roast - TJ

Protein powders:

Nutriotics - Rice Protein - Plain  
Bluebonnet - 100% Natural Dual-Action Protein - Whey + Casein - from free-roaming grass-fed cows  
Natural French Vanilla Flavor Whey Factors Grass Fed Natural -HM

Turkey:

Columbus Herb Roasted Turkey Breast - C  
Dietz & Watson Organic Roasted Turkey Breast - C  
Farm to Family Organic Ground Turkey - C  
Applegate Naturals - Honey and Maple Turkey Breast - MS, NG  
Applegate - Natural Roasted Turkey Breast - MS, NG  
Boar's Head Deli Ovengold Turkey Breast  
Boar's Head Deli Peppermill Turkey Breast  
Young Turkey The Butcher Shop at Sprouts - S

## **BABY SUPPLIES**

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

Badger Calendula with beeswax and sunflower Zinc Oxide Diaper cream 2.9 fl oz – S

Kirkland Baby wipes ultra soft Tencel – C

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

### 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

## **BATH & BODY**

### Body Wash:

Jason - Citrus Bodywash - HM  
Devita - Natural Gel - at the office, OL  
Thorne - Unscented & Citrus Blend body washes – OL  
Jason Invigorating Rosewater body wash– WF  
~~Jason Calming lavender body wash– WF~~

### Conditioner:

Jason's - 84% Aloe Vera Conditioner  
~~NOW – Lavender Field, Berry Full, Citrus Moisture Conditioner – office, OL~~  
Thorne - Unscented or Citrus Blend conditioners - OL  
Acure Mega Moisture Leave in Conditioner  
Maui moisture heal & hydrate Shea Butter Conditioner for Dry Damaged hair 13 oz -WM  
Clairol Herbal Essences rose hips vit e jojoba for colored permed damaged hair conditioner -  
-WM

### Deodorant:

EO Organic Deodorant Citrus Spay -S  
EO Organic Deodorant Cool Spay -S  
EO Organic Deodorant Fresh Spay -S  
Herban Cowboy Blossom For Her Deodorant - S  
Herban Cowboy Love For Her Deodorant - S  
Herban Cowboy deodorants (both sticks and roll-on) – NG  
Lavilin - Underarm Deodorant Cream - HM, OL  
Kiss My Face - unscented roll-on  
MALIN+GOETZ eucalyptus deodorant, 1 oz – many stores carry that one  
Bach Rescue Remedy Natural Stress Relief yellow box – S  
24 hr Crystal mineral deodrant unscented 4.25oz white with purple/pink and blue label clear top – S  
24hr Crystal invisible solid deodrant chamomile and green tea 2.5 oz yellow top – S

### Hair Color:

BioSilk  
Herbatint  
Ion Color Brilliance Brights- semi permanent creme hair color- purple  
Ion Color Brilliance- permanent creme hair color- plum 4VV  
Well Color Charm- permanent liquid hair color- cinnamon 5WV  
Tints of nature Natural Medium Brown 4N - S

### Hand sanitizer:

EO gel - hand sanitizer - unscented (light blue label w/ dk blue text) - WF  
Everyone hand sanitizer gel peppermint + citrus 2fl oz– WF

### Lip Care:

Simply Organic - Lip Balm - OL  
Thorne - Lip Balm - iHerb.com, sometimes the office  
Out of Africa - Pure Shea Butter Unscented Stick - iHerb.com  
E Gem Lip Care - at the office  
Honora's Own Peppermint Flavor Lip Balm - at the office  
Jane Iredale Lip Drink Lip Balm SPF 15 (in "sheer" and "flirt" - other colors not tested) - OL  
and wherever they are sold.

Lotions/Serums:

Cetaphil - Moisturizing Cream for dry sensitive skin  
Cetaphil Daily Advanced fragrance-free lotion  
Cetaphil moisturizing fragrance-free lotion  
EO - Everyone Lotion for everybody - Coconut and Lemon  
Nivea - Skin Firming & Smoothing concentrated serum  
AMG (Aging More Gracefully) naturally, same company as Designs for Health - special order through office  
Jason's - 84% Aloe Vera Lotion  
Alba Botanica - natural very emollient body lotion – original, "new" - WF  
Nature's Gate - Fragrance-Free Moisturizing Lotion -[iherb.com](http://iherb.com), WF  
Progressive Labs - MSM Rejuvenator Anti-Aging Skin Cream - cheapest at the office, also available OL  
NOW - Hyaluronic Acid Firming Serum - at the office, OL  
Miracle II lotion - OL  
"Mad Hippee" Vitamin C serum - 30ml/1.02oz  
Dr. Denese Skin Science - Advanced Firming Facial Pads - line found OL  
Dr. Denese Skin Science - FirmaTone Rx Retinol Peel  
Dr. Denese Skin Science - Triple Strength Wrinkle Smoother Advanced Treatment  
Dr. Denese Skin Science - HydroShield Ultra Moisturizing Face Serum  
Dr. Denese Skin Science - Hydrating Cleanser  
Dr. Denese Skin Science - HydroShield Eye Emulsion  
Dr. Denese Skin Science - Defense Day Cream SPF 30  
Clinique superdefense broad spectrum SPF 25  
Mario Badescu skin care - vitamin C serum  
Out of Africa - unscented shea butter, 8 oz - iherb  
Kirkland's body lotion 100% pure plant extracts 22 oz bottles - C  
AVEDA intensive hydrating Masque  
Hempz Pure Herbal Extracts Exotic Green Tea and Asian Pear Herbal Body Moisturizer – OL  
Aura Cacia organic Argan skin care Oil – S  
Aveeno Eczema Therapy moisturizing cream – WM  
Curel ultra healing intensive lotion – WM  
Derma e vitamin e skin oil 14000 IU vit e and safflower seed oil – WF  
Infinite Aloe Skin Care cream fragrance free also online or at Costco roadshows – C  
Kirkland face wipes – C  
Curel ultra healing intensive lotion – WM  
Palmer's Skin success face cream with vit e anti dark spot - WM  
Nadinola skin discoloration fade cream - WM  
Dermal e hydrating facial wipes – WF  
Weleda Relaxing Body & Beauty Oil- online and Dr's office  
Health & Wisdom magnesium oil 4 fl oz- online and Dr's office

Skin gel Aloe Life 4 oz unscented- online and Dr's office  
Caladryl Clear Lotion - good for ridding poison ivy and the like - Amazon

Makeup:

Cheeks:

Mineral Fusion - individual blushes - MS, WF, iHerb.com

Eyes:

Mascara, Juice Beauty, PhytoPigments, UltraNatural, 1.3 oz.  
Jane Iredale matte eye shadows  
Mineral Fusion - eyeliners  
YSL - Mascara Volume Effet Faux Cils Shocking - Neiman's, Nordstrom, etc. (note: \$30)  
Larenim Mascara – NG, [amazon.com](http://amazon.com)  
Lancome mascara primer  
Lancome Drama mascara  
Blinc liquid black felt eye liner pen  
100% Pure mascara - Amazon

Lip Color:

Chantecaille - Lipstick and Lipgloss - Neiman Marcus, Barney's, Nordstrom  
Mineral Fusion - Tinted Lip Glosses with the wand - MS, some NG, WF  
You Da Balm chapstick

Skin:

Jane Iredale - Powder-Me SPF Dry SunScreen SPF 30  
TJ's face & body sunscreen lotion broad spectrum SPF 30 6 fl oz – TJ  
TJ Nonnano zinc oxide Mineral Sunscreen Stick SPF 50 0.53 oz - TJ  
Badger Baby Chamomile & Calendula Broad Spectrum SPF 30 Natural Mineral Sunscreen Cream - S  
Jane Iredale - Amazing Base Loose Mineral Powder UVB/UVA Medium protection SPF 20  
Jane Iredale compressed compact  
Cle de Peau Radiant Fluid Foundation - Neiman's, Nordstrom, etc. (\$\$\$)  
Mineral Fusion - Concealer Duo - iHerb.com is almost \$10 less than MS, WF  
Mineral Fusion blush/bronze duo 0.29 oz -WF  
Mineral Fusion blush 0.10 oz - WF  
Smashbox - Oil-Free Photofinish Foundation Primer  
Makeup For Ever - HD High Definition Powder - Sephora  
Elf HD translucent powder  
Proactive Regular Cleanser and Toner (not mask)  
Acure Facial Cleansing Gel  
Ulta Beauty No.7, foundation w/ sunscreen, Boots Company, England – Walgreens  
Clinique superbalanced silk makeup broad spectrum SFP 15 – from Belks  
Thayers facial toner witch hazel rose petal alcohol free– WF  
Clinique liquid facial soap mild dry combination

### Misc.

Xlear xylitol nasal spray - HM  
aloe - Big Tree - Giant aloe Vera leaf - Mexico - MS (produce section sometimes)  
castor oil - NOW - NG, office, OL  
White Mountain - Epsom Salts - WF  
Cetaphil - derma control Oil Control Foam Wash (formulated for acne-prone skin)  
Almay - Oil free make up remover pads  
Everyone - bubble bath eucalyptus Citrus

### Nails:

Top Coat nail care SKU 4074900222 – WF  
Mineral Fusion Nail lacquer (sea salt ) SKU 1563202759 – WF  
Mineral Fusion Nail lacquer (rose ) SKU 4074901645 – WF

### Other hair stuff:

Giovanni Hair Gel-WF  
Kiss my Face--Kids Detangler Orange-WF  
Everyone tame hair cream 5 fl oz

### Shampoo:

Jason's - 84% Aloe Vera Shampoo  
Jason Biotin Hyaluronic Acid Shampoo and Conditioner - S  
Avalon Organics - Mint Shampoo (Rosemary and Lavender are no good)  
Giovanni - Invigorating Shampoo, Tea Tree Triple Treat  
Burt's Bees - Very Volumizing Pomegranate and Soy Shampoo  
Thorne - Unscented or Citrus Blend shampoos – OL

### Soap:

EO - Everyone hand soap  
Everyone natural hand sanitizer spray Peppermint Citrus  
Sprouts Hand Soap Citrus  
Dr. Bronner's Castille Soap Baby Mild Unscented, 1 gallon - Amazon.com  
Tom's of Maine - daily moisture beauty bar - OL, WF  
Tom's of Maine - relaxing beauty bar - K, OL, WF  
Dove - unscented, sensitive skin bar soap - WM  
Irish Spring - Aloe Vera soap bar - WM  
Kirk's Castille Soap (unscented) - HM

### Sunscreen:

Aloe Gator Super Total Sunblock Gel SPT 40+: 4 oz. green tube "Original Formula" - OL  
(REI, Amazon, etc)  
SkinCeuticals - Physical Fusion UV Defense Broad Spectrum SPF 50  
Nature's Gate sport block SPF 50 sunscreen lotion with cucumber extract (sweat resistant dry finish)

Nature's Gate face block SPF 25 sunscreen lotion with almond extract (fragrance-free)  
Terra Sport Sunscreen by All Terrain  
Trader Joe's face & body sunscreen lotion 6 fl oz  
Trader Joe's mineral sunscreen stick non-nano zinc oxide 0.53 oz

Teeth/Mouth care:

NOW XyliWhite Refreshmint toothpaste - HM  
Desert Essence - Prebiotic Plant Based Brushing Rinse Mint  
Desert Essence - Natural Tea Tree Oil, Alcohol-free mouthwash - MS  
Natural Dentist - Cool Mint Mouth Rinse  
Nature's Gate - natural toothpaste - peppermint & anise  
Xyliwhite cinnafresh toothpaste – online and Dr's office  
Xyliwhite coconut toothpaste – online and Dr's office  
Cranberry Floss by Radius vegan natural cranberry with xylitol– online and Dr's office  
Jason Simply Coconut Whitening Fluoride-Free Toothpaste, Coconut Cream, 4.2 oz  
Redmond Earthpaste - Natural Non-Fluoride Toothpaste, Peppermint, 4 oz

# BEVERAGES

## Teas:

AlterEco Fair Trade - Rooibos Organic Tea  
Alvita - Caffeine Free Papaya-Peppermint Tea Bags  
Ancient Chinese Medicinals - Triple Leaf Tea - Blood Pressure Tea  
Bigelow - All Natural Organic - Pure Green - Green Tea  
Bigelow - Cozy Chamomile Herb Tea  
Bigelow - Green Tea  
Bigelow - Peppermint Herbal Tea  
Bigelow - Perfect Peach Herbal Tea  
Bigelow - Orange & Spice Herb Tea - A zesty blend of orange & spice  
Body Rescue - Alkanizing Tea  
Choice - Organic Premium Japanese Green Tea  
Choice - Organic Jasmine Green Tea scented with fresh blossoms  
Choice - Organic Oolong  
Choice - Organic Rooibos  
EcoTeas - Yerbamate - Unsmoked - Green Energy  
EcoTeas - Rooibos  
Equal Exchange Fairly Traded - Organic Rooibos Tea  
Food Club 100% Natural Green Tea Bags - Brookshires  
Food Club 100% Natural Tea Bags Decaffeinated (Orange Pekoe) - Brookshires

Guayaki Organic - Greener Green Tea  
Organic & pure tea - white tea  
Organic India Tulsi Moringa Tea - S  
OrGano Gold - Organic Green Tea with Ganoderma Lucidum  
??? - label in Korean (Product of Korea) - Distributed by Rhee Bros.,  
Inc - Green Tea with Brown Rice  
Simply Balanced Organic Green tea  
Simply Balanced Organic herbal tea - Calming Chamomile  
St. Dalfour - Organic Lemon Tea  
STASH - Organic Earl Grey Black & Green Tea  
STASH - Premium Chamomile caffeine free herbal tea  
Tazo - Joy - Full Leaf Tea  
Tea of Life Moringa Lemon Tea  
Teekanne - Rosehip & Hibiscus Flowers  
Tenren - Organic Green Tea  
TJ's - Crimson Blossom - Herbal Green Tea  
Traditional Medicinals - Breathe Easy  
Traditional Medicinals - Gypsy Cold Care  
Traditional Medicinals - EveryDay Detox  
Traditional Medicinals - Peppermint Tea  
Traditional Medicinals - Spearmint Tea  
Traditional Medicinals - Throat Coat  
Traditional Medicinals - Organic Chamomile  
Traditional Medicinals - Organic Dandelion Leaf & Root  
Traditional Medicinals - Organic Eater's Digest

Traditional Medicinals - Organic Echinacea Plus  
Traditional Medicinals - Organic Ginger Aid  
Traditional Medicinals - Organic Green Tea with Ginger  
Traditional Medicinals - Organic Green Tea with Lemongrass  
Traditional Medicinals - Organic Lemon Echinacea Throat Coat  
Traditional Medicinals - Organic Mother's Milk Tea; many stores  
Traditional Medicinals - Organic Nettle Leaf  
Traditional Medicinals - Organic Raspberry Leaf  
Traditional Medicinals - Organic Roasted Dandelion Root  
Traditional Medicinals - Organic Smooth Move SENNA  
Traditional Medicinals - Organic Throat Coat  
Triple Leaf Detox Tea  
Twinings - Herbal Revive - Lemon & Ginger  
Twinings - Pure Camomile  
Twinings - Orange & Cinnamon Spice  
Twinings - Pure Rooibos Red Tea  
Twinings - Green Tea - Jasmine  
Twinings - Green Tea - Lemon  
Twinings - Camomile Green Tea  
Twinings 100% Organic Camomile with Mint and Lemon  
Twinings 100% Organic with Jasmine  
Twinings 100% Organic with Mint  
Twinings 100% Organic Pure Green  
Twinings 100% Organic Rooibos Herbal Tea - WF  
Uncle Lee's Tea - Green Tea (decaf and regular) – K, WM All these Uncle Lee's should have a line through them  
Uncle Lee's Tea - Whole Leaf 100% Organic Green Tea  
Uncle Lee's Tea - White Tea  
Uncle Lee's Tea - 100% Certified Organic White Tea  
Uncle Lee's Tea - Organic White Tea - Natural Lemongrass Jasmine Flavor  
Uncle Lee's Tea - Whole Leaf 100% organic Oolong  
Yogi Tea - Classic India Spice  
Yogi Tea - Kava Stress Relief - eases tension and promotes relaxation  
Yogi Tea Organic - Ginger  
Yogi Tea Organic - Green Tea Pure Green - supports vitality  
Yogi Tea Organic - Healthy Fasting  
Yogi Tulsi Spiced Immune Support Tea

#### Coffee:

Bru - coffee - your local indian store, or Amazon  
Sanka – MS  
Teccino Chicory Herbal Coffee French Roast organic dark roast SKU 9523980110 – WF

#### Water:

(optimally, save up for a Life Ionizer or similar for worry-free water)

#### Bottled water:



Perrier Lime Water Pet 1lt -SKU 7478064318 -K  
Vai Wai natural artesian water of Fiji 33.8 fl oz

Boxed water is Better - <http://www.boxedwaterisbetter.com/where>

Fiji - all sizes, except 500 ml and 330ml (which dropped off in 2015)

Evian - all sizes

Crystal Geyser sparkling water in plain and orange flavors are good...found at NG

Evamor

Eternal

Icelandic Glacial - C

Mountain Valley Spring Water (in glass)

Trader Joe's Pure New Zealand Artesian Water 1 GAL - TJ

Voss (in glass)

Castle Rock water (in glass) - S

White Rock Club Soda - 1 liter bottle – MS

Zealand Water, TJ

AVOID: Dasani, Aquafina, Deja Blu, Crazywater, Smartwater, Nestle, Voss in plastic, Perrier, Badoit, Pellegrino, Ozarka, or anything from a can, etc (the ones in plastics have shown estrogenic activity - meaning BPA/BPS/phthalate plastic affecting the water)

<http://www.cbsnews.com/news/bps-chemical-in-bpa-free-plastic-may-not-be-safer/>

<https://www.washingtonpost.com/news/speaking-of-science/wp/2016/02/02/more-evidence-that-bpa-free-plastic-may-still-pose-risk/>

<http://www.inusanews.com/article/12641391509/bpa-free-evidence-plastic?source=223>

Other water:

coconut water - Naked 100% Coconut Water - found at K, TT, WF

One 100% Coconut Water, 33.8 fl oz – HM

C<sub>2</sub>O Farmer's Reserve Organic coconut water - NG

Vita Coco Coconut water, Original, 16.9 oz - NG

Lemonade/Juice:

Santa Cruz - Organic Lemonade - K, MS, WF

Santa Cruz - Organic Strawberry Lemonade - K, MS, WF

Hubert's Lemonade - only the best will do – original lemonade - MS

Hubert's Lemonade - only the best will do - raspberry - MS

Naked Green Machine Juice 15.2 Fl Oz – MS, SC

Naked Orange Mango Juice 15.2 Fl Oz - MS

Naked Berry Blast 15.2 fl Oz - MS

Naked Kale Blazer Juice 15.2 fl oz - MS

R.W. Knudsen - Just Pomegranate Juice – K

365 Organic Concord Grape Juice 100% juice – WF

Sprouts 100% Pomegranate juice unsweetened – S

RW Knudsen Org tomato juice 32 fl.oz, S, WF

Natural Vitality Natural calm original unflavored– WF

Nimble Nectar cranberry ginger - only flavor I tested sold at Costco roadshows – C

Country Time Lemonade in plastic jug – WM and Dollar General

Kedem Organic Grape Juice 22 fl oz # 73490 13131 - WF

Milk alternative:

Almond Breeze -unsweetened unflavored Almond Milk - HM, K, WF

Almond Breeze - Almond Milk Chocolate - WF

Native Forest unsweetened Organic coconut milk simple 13.5 fl oz,SKU 4318200206, NG

Blue Diamond Unsweetened Almond Breeze - Vanilla Almond Coconut milk

Organic Coconut milk Beverage SO Delicious – S

Organic Coconut milk Beverage SO Delicious unsweetened – S

Organic Coconut milk Beverage SO Delicious unsweetened vanilla - WF

Pacific Almond Milk

Simple Truth Unsweetened Almond milk - K

Simple Truth Unsweetened Coconut Milk – K

Cadia Organic Almond milk ,unsweetened, 32 oz – HM

Cadia Organic Vanilla Almond milk ,unsweetened, 32 oz – HM

Sprouts Organic Almond Milk Original - S

Sprouts Organic Almond Milk Original Unsweetened - S

Sprouts Organic Almond Milk Vanilla – S

Organic Rice Dream rice drink – S

O Organics organic Original Almondmilk unsweetened - WF

Kirkland Signature Organic Almond Beverage, Vanilla, 32 fl oz - C

Cream Cheese:

Kite Hill Cream Cheese Plain, Made with almond milk, 8 oz

# DAIRY

## Butter:

Meyenberg Goat Milk Butter - NG, S, WF (discontinued?)  
Organics Sweet Cream unsalted butter 16 oz SKU 7989340596 -K  
TJ's Organic Sweet Cream Butter Salted and unsalted – TJ  
TJ Sweet cream butter unsalted – TJ

## Cheese:

Organic Valley - Raw cheeses  
Jarlsberg Semi Soft Part-Skim Cheese - C, S, SC  
Jarlsberg Semi Soft Part-Skim Lite reduced fat Cheese - S  
Happy Farms Cream Cheese 8 oz - A  
Priano Fresh Mozzarella Cheese 8 oz - A  
Specially Selected Edam Cheese 7 oz – A  
Specially Selected Gouda Cheese 7 oz – A  
Specially Selected Gruyere Cheese 6 oz imported from Switzerland – A  
Organic Valley Stringles Organic String Cheese low moisture part skin mozzarella cheese  
Kirkland Signature Goat Cheese, Wisconsin - C  
Kirkland Signature Lake Country Asiago Cheese, Wisconsin - C  
Mountain Sterling - Raw Goat Cheese (Sharp or Mild) - CM, some NG  
Alta Dena - Mild and Sharp Cheddar from Cow's milk – HM does not carry anymore.  
Alta Dena - Raw Goat Cheese (make sure the plastic is very tight) - HM, MS  
Natural Valley Goat Cheese Sharp Cheddar, 8 oz – HM  
Bunker Hill Raw Milk Cheddar Cheese, 8oz – HM  
Organic Raw Sharp Cheddar Organic Valley 8oz SKU 93966113204 -K (not Mild)  
Emmentaler Switzerland imported cheese - MS  
Le Gruyere Switzerland imported cheese – MS,C  
Wiebe Dairy Cottonwood River Cheddar - MS  
Nancy's Organic Cream Cheese – NG  
Bernier Valley - Hand Crafted Raw Milk White Cheddar - lactose free – S  
LaClare Raw Cheddar Goat Milk Cheese aged over 60 days - S  
Organic Pastures Organic Cheddar cheese - S  
Wicked River Creamery - Natural - XXX Sharp Cheddar - Raw Milk - S (make sure plastic is very tight)  
Mauro Gianni BelGioioso Fresh Mozzarella Cheese 16 oz – S  
Athenos Feta Cheese Traditional 24 oz - SC  
Cahill's Ireland Original Irish Whiskey Cheddar Cheese - SC  
Danamark Danish Havarti Cheese, Denmark - SC  
Gouda Cheese Dutchmark, imported from Holland – SC

Member's Mark Chevre Fresh Goat Cheese Traditional 16 oz - SC  
Member's Mark Parmigiano Reggiano Cheese, Italy - SC  
Cheese, fresh goat, Chevre trad., Memb. Mark, SC

Crumbled Feta Cheese - TJ  
Montasio Italian Raw Cheddar Cheese, TJ  
TJ's All Natural, Fresh Mozzarella Cheese PLU#00777261 – TJ

TJ's Chevre Creamy, Fresh Goat Cheese 5 oz – TJ  
TJ's Montasio Italian Raw Milk Cheese – TJ  
Trader Joe's Comte Cheese SKU 36023 France – TJ  
TJ Organic String Cheese 9 oz – TJ  
TJ Organic Light String Cheese 9 oz – TJ  
MIFROMA Alpenhorn Switzerland hard cheese, -TJ  
365 - Goat Cheese log - WF  
Catamount Hills cheese (in plastic by weight) – WF  
Ford Farm Seaside cheddar cheese (in plastic by weight) – WF  
Havarti Cream cheese - WF  
Mammoth Cheddar – WF  
Organic Valley Stringles Organic String Cheese low moisture part skim mozzarella cheese  
24oz bag blue and green 24 sticks – C  
O Organics White Medium Cheddar 8 oz, SKU 7989311528 - MS  
Organic Valley String Cheese Mozzarella - NG

#### Cottage Cheese:

Kalona SuperNatural Organic Whole Milk Cottage Cheese - NG, MS  
Kalona Supernatural Organic Low Fat Milk Cottage Cheese - NG, MS

#### Cream

Oak Farms DairyPure Heavy Whipping Cream Ultra-pasteurized One Pint - S  
Organic Valley Heavy Whipping Cream, 8 oz - NG  
Horizon Organic Heavy Whipping Cream, 1 pint - NG  
Kalona SuperNatural Organic Whipping Cream, 16 oz - NG

#### Ice cream:

Haagen-Daz Vanilla ice cream 28 fl oz - S  
Straus Family Creamery Vanilla Bean - NG

#### Milk:

\*There is no go-to milk. It's all hit or miss...even the local raw ones. Avoid plastic containers.  
Try Lactaid...4/5 seem to be good - it may be worth testing, then buying more of that lot if it's good

Organic Valley Lactose-free Milk  
Organic Valley Lactose-free Milk (whole)  
Horizon Organic Milk 0% - S  
Horizon Organic Milk 2% - S  
Organic Valley Whole Milk - S  
Organic Valley Milk 2% - S  
Kirkland Organic 2% Reduced Fat Milk C  
Kirkland Organic Whole Milk – C  
Horizon Organic Half & Half, 1 pint - NG  
Kalona SuperNatural Organic Half & Half, 32 oz - NG  
Kalona SuperNatural Organic Whole Milk, 1 gal & ½ gal - NG

Sour Cream:

Karoun's – Mediterranean Style Lebni Kefir Cheese (Lite and Regular) – S  
Greek Gods - Kefir Chese Lebni - some MS, S  
TJ's Organic Sour Cream  
Byblos Lebni pasteurized kefir cheese 16 oz – SM

Yogurt:

Fage - 2% original unflavored yogurt in the middle size or smaller containers (not the 35.3oz one) – K, MS, S, WM etc. (don't get 0%)  
Simple Truth Plain Lowfat Yogurt Vitamin A & D32 oz SKU 1111045530 -K  
Fage Total Yogurt 2% 35.3 oz SKU 8954408302 -K  
Organics Greek Plain strained nonfat yogurt 32 oz SKU 7989340627 -K  
Kalona Supernatural Organic Greek Yogurt - NG  
Green Mountain Creamery Greek Yogurt Plain 5% fat 32 oz - S  
Bandi Greek Kefir probiotic 59 fl oz – HM  
Bandi Greek Kefir Original 59 fl oz – HM  
Nancy's Organic Probiotic Lowfat Milk Yogurt Plain - S  
Nancy's Organic Probiotic Whole Milk Yogurt Plain - S  
Siggi's Yogurt Icelandic Style Coconut 2% fat 5 oz - S  
Siggi's Yogurt Icelandic Style Plain 2% - S  
Siggi's Yogurt Icelandic Style Vanilla 0% fat 24 oz – S  
Siggi's Vanilla Non-Fat Yogurt Drinkable 32 oz, SKU# 9824800137 - WF  
Kirkland Organic Greek Yogurt plain nonfat 48oz – C  
Harmless Harvest plain organic dairy-free coconut yogurt alternative, 24 oz, WF  
Yogurt, Greek, non-fat, Memb. Mark, 40oz, SC  
White Mountain Organic Whole & Nonfat Bulgarian Yogurt, 32 oz  
Kalona SuperNatural Organic Plain Kefir, 32 oz - NG

## **DOG STUFF**

### Food:

Castor & Pollux Organix dry dog foods - PetCo, PetsMart

Bill-Jac Frozen Dog Food – MS, Petco

Taste of the Wild - Wetlands Canine Formula with Roasted Fowl - NG

Chicken Soup for the Dog Lover's Soul - Adult Dog Light Formula - NG

### Treats:

Castor & Pollux Grass Fed Rawhide - NG

Castor & Pollux Organic Dog Cookies - Organic Chicken flavor - NG, OL, PetsMart

Fruitables Wildly Natural Cat Treats Chicken Flavor, 2.5 oz – HM

# FRUITS

## Apples:

Awe Sum Organics Organic Fuji Apples 5.5 lb New Zealand - C  
Artisan Organics Stemilt (with the red lady bug) - Pink Lady brand apples - S  
Artisan Organics Stemilt - Pinata apples - S  
Awesome Organics - 3lb bag organic fuji apples - S  
Bostock - Organic Granny Smith apples - K  
Patagonia Orchards LLC Organic Granny Smith apples - K  
Trout - small non-organic granny smith apples - K  
Washington - small non-organic granny smith apples - K, MS  
Chelan Organic Granny Smith apples - MS  
Organic Granny Smith Apples, PLU# 94017 – MS  
Ranier - Organic Granny Smith - MS  
Artisan Organics Stemilt (with the red lady bug) - Granny Smith - NG, S  
Chelan Organic Granny Smith apples PLU# 94139 USA - S  
Organic Granny Smith Apples, PL# 935661 – TJ  
Daisy Girl Organic Granny Smith 5 LB, PLU# 33383012643 -TJ  
TJ's Honeycrisp Apples, 32 oz, SKU 935678 – TJ  
Mott's non-organic granny smith - TJ  
Rainier Organic Granny Smith 94017 USA – WF  
Chelan Organic Fuji apples - K  
DaisyGirl - Organic HoneyCrisp - K  
Organic Gala Simple Truth 2 lb package -K  
Organic Pink Lady Apples Simple Truth 2 lb package -K  
Organic Fuji Simple Truth 2 lb package -K  
Daisy Girl - Organic Fuji apples - MS  
Fuji Apples Organic 2 lb bag – TJ  
Organic Fuji Stemilt Artisan Organics, PLU# 94131 – TJ  
Organic Gala Stemilt Artisan Organics, PLU# 94135, USA – TJ  
Gala Apples Organic SOF PLU#94133 Product of Chile – TJ  
Golden Delicious Organic Rainier PLU# 94020 - S  
JB Organics - Braeburn - S  
Kanzi Apples PLU# 3605 - TJ  
Opal Apples Firstfruits Marketing - TJ  
Opal Apples non-organic Product of USA - S  
Opal Organic apples - MS, S (avoid the big ones at K, etc - they're different)  
Organic Fuji - MS  
Organic Fuji - CM  
Organic Fuji apples - Organic Biologique (Chile) - S  
Organic Fuji - Biologique Organic - K  
Organic Braeburn - CM  
Organics Biologique - Cripps Pink Apples - Chile - K  
Organic Opal, PLU# 93618 – MS  
Organic Pink Lady Apples SKU# 935647 - TJ  
Organik Time - Red Delicious Apples (3 lb bag) - K  
Pink Lady Apples Sage Organics - MS  
Rainier Organic Fuji apples -MS

Red Delicious Apples Small, PLU#4015 - K  
sof - Organic Fuji apples - Chile - K  
[superfreshgrowers.com](http://superfreshgrowers.com) Organic Fuji - S  
[superfreshgrowers.com](http://superfreshgrowers.com) (non-organic) small green apples - MS  
Washington Organic Braeburn – K  
Rainier Organic Honeycrisp , USA SKU 93283 – WF  
Organic Honeycrisp Apples grown in Washington - WF  
Apples, 3 lb bag, Domex Superfresh Grower's Organic  
Apple, Organic Gal, Wash Ex Fancy Organic Gala 2.5", 3 lb bag - WF  
Apple, org., Organic Apples/Pommes, 3 lb bag - WF  
Apple, Honeycrisp, Plain Oval White Label with blue ink #3283 - WF

#### Apricots:

Flavor Farmer apricots #4218 - K  
Biologique Organic (yellow and white label) apricots - K

#### Avocado:

lots are good, including Mission, Ripe Now, Avocados from Mexico w/o the red border,  
Mission Organic avocados, WestPark, etc.  
Extra Large Hass Avocados PLU# 4770 - S  
Avocado Mission PLU# 4046, emp113 - K  
Avocado Mission PLU# 4225, emp113 – K  
Organic Avocados Mexico Emp 338, PLU 94225 – WF

AVOID: AveHass, Green Giant, EMP 033, EMP 055, EMP 106, 263 "Avocados from Mexico"  
with the Red Border, Pampa, JBR, & JB brand avocados

#### Bananas:

Baby Banana, PLU# 264, Mexico/Quatemala - JG  
Thai bananas - H-Mart

Berries:(be VERY careful!!! if they look wet/soft/or smell like the fruit...leave them)

Paradise Organic Raspberries - K  
Paradise Organic Blueberries - K  
nature's partner - non-organic blueberries - K  
Camposol Blueberries 1 Dry Pint, Peru - K  
North Bay Produce Blueberries 18 oz, Peru - K  
organic Fairfield Fruit Company blueberries – S  
Naturipe Bluberries, org. white with purple and green label SKU 12049 00690 – TJ and S  
Cottle organic blueberries -MS  
S - Organic frozen blueberries  
North Bay Produce - Blueberries  
Organic Sunnyridge Blueberries - MS  
blueberries - Driscoll ORGANIC - K, MS, WM (green label, not yellow)  
blackberries - Driscoll ORGANICS - K, MS, WM (green label, not yellow)



raspberries - Driscoll ORGANIC - K, MS, WM (green label, not yellow)  
strawberries - Driscoll ORGANIC - K, MS, WM (green label, not yellow)

Cantaloupe:

Legend cantaloupe - S  
Fisher Ranch cantaloupe - S  
organic Kandy cantaloupe - S  
Divine Flavor Organics - Organic Canteloupe - S  
SOL cantaloupe - K  
Del Monte cantaloupes - K  
Llano cantaloupe (non-organic) - K  
Organic Large Cantaloupe "Goldie" – K, MS  
Golden Treat Brand - Pappas Family Farms (red&blue label)- MS  
Fresh Farms Cantaloupe -MS

Cherries:

Cherries, organic., First Fruits, 94045, USA, S  
Family Tree Farms - red cherries #4045 - MS  
California Cherries/Cerises #4045 - MS  
Sage - Northwest sweet cherries - (not organic) – K, MS  
Superfresh Growers - Sweet Cherries (not organic) - MS  
Sweet Cherries - (plastic bag with red writing - from WA) – MS  
Rainier Organic Red Cherries - WF

Coconut:

white coconut from Thailand – WF  
Bulk Organic coconut shredded PLU 9118 – WF  
Dang Coconut Chips Caramel & Salt 3.17 oz – WF  
Dang Coconut Chips Original 3.17 oz – WF  
TJ's Organic Unsweetened Coconut Chips, 8 oz - TJ

Cranberries:

Fruit d'Or - Organic Cranberries - K, MS  
Dried Cranberries Bulk, PLU# 6248 – S

Figs:

bulk section - coconut covered figs (from WF) - obviously, don't get them if it hasn't been refilled recently

Grapefruit:

Texas Sweet Winter Sweetz Grapefruit 4286 - S  
Paramount (non-organic) small grapefruit - MS, S  
4lb bag of grapefruit Good Life Org. - S  
Texas Choice Reddest Rio Star grapefruit  
small Star Ruby Grapefruit (found at K, MS)  
Star Ruby grapefruit Huamani Peru # 4284 - WF

Grapefruit, Winter Sweetz Texas Sweet, #4386 - S  
Grapefruit, Texas Sweet Citrus, 8lb bag - S  
Sweet Scarletts Texas Red Grapefruit, 5 lb bag

Grapes:

Divine Flavor green grapes - S  
Black seedless grapes, non organic, product of Chili, #4056 – S  
Green grapes Divine Flavor Org - S  
Red seedless non-organic grapes Perfect Pick -MS  
Molina red seedless (not organic) grapes - MS  
Crimson Seedless Santa Maria Red Grapes - MS  
Sun world - Midnight Beauty grapes – S (not organic)  
Sun World - Organic Superior Seedless White Grapes - WF  
Sun World - Superior Seedless Green Grapes (PLU#4497). They are in the clear plastic with green, black and white lettering  
Organique Biologique - Red Grapes – MS  
Earthbound Organic Red Seedless Grapes - WF  
Anthony - Organic Red and Green Grapes - WF  
Three Sisters - Organic Black Grapes - WF  
Heaven's Best - Organic Grapes – WF  
Four Star Fruit Organic Green seedless grapes SKU 5495700181 – C  
Sunview white seedless grapes California – PLU 94022 - WF  
Sunview red seedless grapes California – PLU 94023 - WF

Kiwi:

Mighties – K, S  
kiwis with a label w/ an open kiwi at the top and dk grn at bottom - (non-organic) – USA - K  
BIO Italian Organic Kiwifruit #94030 Big, easy to read label - K, NG  
Zespri Sungold Kiwi - MS, C  
Top Grade Kiwi Berries - S

Lemons:

Lemoniera - lemons - S  
bulk lemons #4958 (blue, white, green label) - K  
Mallarauco (non-organic) lemons from Chile - K  
Sunkist lemons – K  
Sunkist lemon 4033 White,blue,red label USA – K  
Sunkist Organic - Lemons (found at MS)  
organic lemons - yellow and white label - CM  
Organic Lemons (smaller writing and a barcode centered on the yellow label) -K  
TJ Lemons 16 oz SKU 917827 – TJ  
Sunkist Meyer Lemons, 16oz, New Zealand, SKU 0504943666 - WF  
Lemon, California Lemon, #4053L USA - WF  
Fresh Lemons, Good Life Organics, small bag - S  
Fresh Lemons, Kings River, 2lb bag - S  
Meyer Lemon South Tex Organics - WF

### Limes

"SUSIE" Brand Limes Product of Mexico PLU# 4048 – S  
TJ Limes 16 oz SKU – TJ  
Limes 4for \$1 - S

### Mangos:

purity - organic mango - Ecuador  
Mango Organic - Ecuador (yellow label w/ mango picture) - S  
Coast Tropical - TOMMY Mango - MS  
Mangos - Organic 94959 - Product of Mexico - (pea colored border around white sticker w/ dk blue text) - NG  
Kuali #4312 Mangos - S  
Oppy Organic Mangos #94959  
Organic Peru Kent Mango PLU 94959 - WF

### Melons (misc.):

Yellow Melon #60220 - JG  
Cantaloupe melons PLU 4050 product of Mexico -K  
Honeydew Melons Classic Fruit Company PLU# 4329 Product of Guatemala/Honduras - S  
Majesty - Santa Claus melon #4336 - S  
Majesty - Crenshaw melon #4332 - S  
Del Mar (not organic) - Honeydew melon - S  
Fisher Ranch (not organic) - Canary Melon – S  
Kandy Dewlicious golden honeydew product USA PLU 3100 – C

### Nectarines:

Farm2You Organic Yellow Flesh Nectarines - K  
O Organic Nectarines #94378 – MS  
Nectarine, yellow., USA, 4378, WF  
HGO farms.com Organic Yellow Nectarines - K  
Organic Nectarines - 93035 - sticker is 90% yellow/10% white – K  
White nectarine Dulce Vida PLU 93035 – WF  
White Nectarine Farm & You 3035 USA white label with blue - S

### Olives:

Food Club pitted canned olives - Super 1 Foods  
Great Value Medium Black Olives pitted, canned, SKU78742 36978 - WM  
Black Olives Medium, O Organics - TT  
Black Olives Large, O Organics - TT

### Oranges:

Chile - 4012 very orange oranges - S  
Kings River HEIRLOOM Navel Oranges California - S  
Kings River SMALL (large are no good) non-organic oranges - K, S  
Large Navel Oranges, 3107, Chile, PLU# 4012 - S  
Sun Pacific non-organic oranges - S  
Navel oranges, 4013, USA, 4/\$1, K  
Blood oranges, USA, PLU 4381, WF  
Navel oranges, USA, PLU 4012, WF  
Navel Oranges, South Africa, SKU 604012 - WF  
small Paramount oranges - K  
Purity Organic Oranges (4 lb bag) - S  
Propal - Navel orange - Chile - S  
4Earth Organic Valencia oranges - MS  
Tomorrow's Organics - Valencia Oranges - K  
small Booth's Ranch (blue label) oranges NOT BIG - MS (don't eat old ones!!)  
Halos - in both the bags and boxes (at K, MS)  
Navel Oranges, 8 lb, produce of USA(CA) – SC  
Navel orange 4012 USA white label with blue and black and orange bee - S

#### Papaya:

Papaya, PLU# 225, USA/Mexico - JG

#### Peaches:

S - Organic sliced frozen peaches  
O Organic Peaches #94044 - MS  
Organic White Peaches - K  
peaches - Organic Peaches (Dk. blue label with peach picture, from Mexico) - K  
Organic Peaches #94038 (3/4 yellow, 1/4 orange sticker) - K  
White Peach - Homegrown Organic Farms (yellow sticker w/ dk green borders) - NG  
Yellow Peaches Titan Brand Southern Peach PLU# 4037 - K

#### Pears:

Stemilt - Artisan Organics - Bartlett pears  
Rainer Organic Bartlett Pears PLU 94409, - WF  
Domex Superfresh Growers Organic Bartlett Pears 5 lb - C  
Organic Ranier Bartlett pears - K, MS  
CCOF organic pears  
Organic D'Anjou pears AweSum Organics (Argentina) -MS  
Organic D'Anjou pears (Argentina) - MS  
Organic Ranier D'Anjou pears - MS  
Organic D'Anjou - Biologique Organic - MS  
Organic Bartlett -[superfreshgrowers.com](http://superfreshgrowers.com)- CM  
Pear, Bartlett, org., USA, 94024, S  
Organic Red Bartlett pears (Argentina) - K  
Organic Bartlett pears (Argentina) - K  
Bartlett organic pears (Argentina Organic) - MS  
Bartlett Pears Organic-Biologique PLU# 94409 Product of Argentina - S  
Bartlett Pears PLU# 4409 Product of Argentina - K

Stemilt Rushing Rivers Bartlett Pears, PLU# 4409 - TJ  
Organic Bartlett Pears, PLU# 938884 – TJ  
Organic Bartlett Cheelan, PLU# 94409 – TJ  
Bartlett Stemilt Artisan, PLU# 4409, USA – TJ  
Organic D’Anjou Pears, PLU# 938877 – TJ  
William’s Pears Gaucho, PLU# 4409, Argentina - TJ  
Tres Ases Bartlett Pears, PLU# 4409, Argentina - TT  
Organic Bartlett Cheelan, PLU# 94409, WA, USA - WF

Pineapple:

Dole Ananas Tropical Gold Pineapple, PLU# 4430 - C  
HoneySecret Pineapple – S  
Dole Tropical Gold super sweet pineapples , PLU 4430 - S  
Green Field pineapple - S  
CAPA Oro Dulce Organic Golden Sweet Pineapples - K  
Chiquita (make sure it's not old) - anywhere  
Fresh Pineapple, Del Monte Gold - S

Plantain:

Plums:

Organics Biologique - Plums 94040 Chile (white label with yellow at top) – S  
Plum biologique organic 94040 USA yellow label/black writing – S  
Plums -4036 – S  
Plums -3035 - S  
HGO farms.com Organic Pluots – K  
Pluot, Red, USA, 3609, WF  
Organic Red Raven Plums - MS  
Dino 101 (not organic) - Black Pluots - Green sticker w/ pink dinosaur - MS  
Biologique Organic (yellow and white label) plums – K

Pomegranate:

Pomegranate Crown Jewels, PLU# 3440 – K

Prunes:

Newman's Own Organic Prunes - WF  
Made In Nature Organic Prunes - WF  
bulk prunes (in square plastic containers) - WF

Raisins:

Earthbound raisins - 10oz - HM  
Newman's Own Raisins – K  
Simple Truth Organic Raisins 10 oz  
Cadia Organic Raisins, 15 oz – HM

## Tangerines

Mandarins 3 lb, Australia - K

Clementine Tangerines PLU# 4458 – S

TANI Organic Minneola Tangelo – Peru - Plu 94383 – WF

## Watermelon:

Watermelon - A

Ayco Mini Me Seedless Watermelon 3421 – S

Hailey's Best watermelon - S

#4032 Green label that looks like a watermelon - Seedless Watermelon Melon - d'eau sans pepins - S

Big Chuy Seedless Watermelon Mexico PLU 4032 – S

Seedless Watermelon Master's Touch PLU# 4032 Product of Mexico - S

Seedless Personal Watermelon Organic Llano PLU# 93421 Product of Mexico - S

Divine Flavor Organics - Organic Mini Watermelon - S

Seeded Watermelon Sweet Amaris PLU# 4031 Product of Mexico - K

Yosemite - Fresh Watermelon - K

Two Daughters - Red Seeded Watermelon - WF

Fresh Farms - Red Seedless Watermelon -MS

Fresh Farms - Mini Seedless Watermelon - MS

Little Bear - Personal Watermelon - MS

## MEAL CARBS

(Bread, Pita, Tortillas, Noodles, Rice, Cereal, etc.)

### Breads:

Alvarado St. Bakery - California Complete Protein bread - HM, NG, WF  
Alvarado St. Bakery Sprouted Wheat Multi-Grain bread  
Alvarado St. Bakery Sprouted Whole Wheat bread  
Alvarado St. Bakery Seriously Sprouted California Style bread  
Deutsche Kuche Sunflower Seed Bread, Product of Germany – A  
Deutsche Kuche Pumpernickel Bread, Product of Germany – A  
Live G free Gluten Free Original Wraps 6 - 1.8 oz – A  
Live G free Gluten Free Whole Grain wide pan bread 20 oz  
Specially Selected NAAN Flatbread Tandoor baked and hand stretched, Canada, SKU 041498217693 – A  
Delba Famous German pumpernickel 16.75 oz product of Germany SKU 4069900171 -K  
All Natural Monterey Sourdough - MS bakery  
Canyon Bakehouse - Gluten-Free Bread - Mountain White - NG, S, WF (\$\$)  
Julian Bakery - Paleo Bread - WF  
Whole Foods Sourdough Sprouted Wheat bread  
Whole Foods Pan Sourdough  
Whole Foods Bakery - Honey Spelt Bread  
Whole Foods Bakery - Cranberry Walnut Bread  
Heartland Bread - Honey Wheat - WF  
Central Market Sourdough Bread - found at CM  
Central Market Sourdough Rye Bread - CM  
Food for Life Organic Whole Wheat pita bread – (keep frozen until use - molds fast) - found at HM, MS  
Berlin Bakery - Sourdough Spelt Bread - The Cupboard (Denton, TX), OL  
TJ's California Style Sprouted Wheat Bread - TJ  
TJ's Sprouted Multi-Grain Bread – TJ  
Ezekiel 4:9 sprouted Grain bread, 24 oz, TJ  
TJ's Sprouted Wheat sourdough bread, 24 oz, TJ  
TJ's Sprouted 7-grain bread, 16oz, TJ  
Natural Nectar - gluten free crackle bread – WF  
Whole Wheat Sourdough Bread 20 oz, SKU# 23052400000 - WF  
Sourdough Baby Boule 10 oz, SKU# 26493800000 – WF  
Wewalka Puff Pastry European style dough, 13.2 oz, SKU 1124000006 – MS  
Wewalka Classic Pizza European style family crust dough, 13.2 oz, SKU 1124000000- MS  
Mestemacher Three Grain Bread 17.6 oz product of Germany SKU 8421300736 -K  
Mestemacher Fitness Bread 17.6 oz product of Germany SKU 8421300078 -K  
Mestemacher Natural Pumpernickel w/ whole rye kernels, 17.6 oz - NG  
Mestemacher Natural Whole Rye Bread w/ whole rye kernels, 17.6 oz - NG

### Buckwheat:

NG - Organic White Buckwheat in the 1 lb package

### Cereal:

Farmers We Know One Degree gluten free sprouted rolled oats org 5 lb bag – C  
Bob's Red Mill - Gluten-free Steel Cut Oats  
Arrowhead Mills Organic Puffed Kamut cereal, 6 oz – HM  
Arrowhead Mills - Organic Oat Bran Flakes - HM  
Field Day Organic - Whole Grain Golden Rice Crisps Organic Cereal - HM  
One Degree Organic Foods - Veganic sprouted ancient grain o's - HM  
One Degree Organic Foods - sprouted rolled oats – HM  
Organic bulk old fashioned rolled oats - MS  
Organic Steel Cut Oats (bulk) – MS, WF (PLU 5930)  
Organic White Buckwheat in the 1 lb package - NG  
Organic steel cut oats (in the barrel near the registers) - S  
Steel Cut Oats PLU# 6507 - bulk -S  
TJ Organic High Fiber O's cereal 16 oz SKU 804271 – TJ  
TJ Organic Corn Flakes cereal 12 oz SKU 923316 – TJ  
TJ Shredded Bite Size Wheats 17.2 oz oz SKU 180252 – TJ  
TJ's Quick Cook steel cut Oats 25 oz – TJ  
TJ's Oven Toasted Old Fashioned organic Oats 18 oz – TJ  
TJ's Organic Multigran Hot Cereal 18 Oz - TJ  
Bulk organic rolled oats – WF  
Nature's Path Heritage Flakes Organic 32 oz, SKU# 5844977021 – WF  
Nature's Path Heritage Flakes Organic 13.25 oz, SKU# 5844977020 – WF  
Nature's Path organic Mesa Sunrise 16.4 oz # 58449 77901 - WF  
Conventional Rolled Oats PLU 5924 – WF  
Apple Cinnamon Pecan Superfood Oats, Purely Elizabeth 10 oz  
Multi Grain Squares org. cereal, Cascadian Farms, WF  
Purely O's ord. Cereal, Cascadian Farms, WF  
Organicrisps 365 org. Brown Rice cereal, Cascadian Farms, WF  
Farmers We Know gluten free sprouted rolled oats 24 oz #75625 37119 and #75625 37107 -  
WF  
Farmers We Know gluten free sprouted steel cut oats 24 oz #75625 37307 – WF  
Cream of Buckweat Organic Cereal 13 oz #70577 00050 – WF  
365 Organic Crunchy Cinnamon Squares 10 oz 99482 44864 - WF

#### Millet:

bulk bins 6338– S  
Organic Hulled millet PLU 5870 – WF  
Bob's Red Mill whole grain Millet 28 oz – HM

#### Noodles:

live G free Gluten Free Brown Rice Spaghetti 16 oz - A  
live G free Gluten Free Brown Rice & Quinoa Penne 16 oz - A  
live G free Gluten Free Brown Rice & Quinoa Fusilli 16 oz – A  
Simply Nature Organic Spaghetti 16 oz – A  
Black beans spaghetti 1251097 – C  
Brown Rice Sticks (noodles) – JG  
Cadia Gluten free Fusilli Brown Rice Pasta, 16 oz – HM



Cadia Gluten free Penne Brown Rice Pasta, 16 oz – HM  
Tinkyada Pasta Joy Brown Rice Pasta Spirals – HM  
Korean style starch noodles (sweet potato starch) - 12 oz colorful bag; says "SURA" on top left side; distributor is Wang Globalnet (on the back of the package) - JG  
Full Circle - Whole Wheat Capellini, Spaghetti, Linguine, etc. - MS  
Ancient Harvest - Organic Quinoa Supergrain Pasta - NG  
BioNaturae - Organic 100% Whole Wheat Spaghetti - NG  
Bionaturae - 100% Organic Traditional egg pasta - NG  
Red Lentil Sedanini (delicious lentil-based pasta) – TJ  
TJ's Fall Zucchette Pasta butternut squash, 14 oz, SKU 00578066 -TJ  
Organic Yellow lentils & brown rice pasta Spagetti SKU 617109 – TJ  
Trader Joe's organic yellow lentil and brown rice pasta 12oz – TJ  
Italian Angel Hair Members Mark 6 pack – 1lb -SC  
Italian Penne Rigate Members Mark 6 pack – 1lb -SC  
Tinkyada Organic Rice Pastas - found at WF  
Vietnamese Brown Rice Noodles with green tea 8.6 oz – WF  
Organic Millet & brown rice ramen Lotus Foods - WF  
Annie Chun - Rice Noodles  
Explore Cuisine - Organic Chickpea Fusilli pasta  
Wild Oats - Organic penne rigate  
DeBoles, Barilla, and Trader Joe's Organic Whole wheat pasta (all varieties) - wherever sold  
Sweet White Miso Master organic  
Mellow White Miso Master organic  
Ancient Harvest Quinoa supergrain pasta elbow corn and quinoa – S  
Delallo gluten free pasta Penne Rigate – S  
Banza Spaghetti from chickpeas, - C, S  
Banza Rothko from chickpea – C  
Ronzoni gluten free pasta elbow - WM  
O Organics organic Macaroni & Cheese, 7.25 oz, SKU 7989340290 - MS  
Eden Organic Buckwheat Soba, 8 oz - NG

#### Rice:

Lundberg Farms - Heirlooms - organic brown long grain rice  
Lundberg Farms - Essences - organic California brown basmati rice  
Lundberg Farms - Voyages - organic California Sushi rice  
Lundberg Farms Organic California Brown Jasmine Rice – S  
Brown Long Grain Rice PLU 6662 -S  
Brown Short Grain Rice PLU 6663-S  
Bulk Lundberg Farms organic brown rice - from MS  
Bulk long grain brown rice – WF  
Organic Einkorn Wheat, bulk PLU 9654 – WF  
Organic Red Rice bulk PLU 1406 – WF  
Organic Short Grain Brown Rice, bulk PLU 6134 – WF  
Three Ladies - brown jasmine rice from Thailand (H Mart)  
packaged Lundberg Black Japonica rice - found at WF  
Bulk Lundberg Farms Organic Multicolored Brown Rice (Bin#6697) - WF  
Tru-Roots Rice and Quinoa Blend - C

TJ's Organic Basmati Rice - from India  
TJ's Cultivated Wild Rice  
Organic California White Jasmine Rice - Lundberg Family Farms- NG  
Golden Star org jasmine rice - WM

Quinoa:

Simply Nature Organic Quinoa Super Grain of the Andes 16 oz – A  
Earthly Choice - Organic Premium Red Quinoa 4 lb - C  
Tru-Roots Rice and Quinoa Blend - C  
bulk quinoa from MS  
TruRoots organic whole grain sprouted quinoa - HM, NG, MS  
TruRoots Quinoa 2 lbs - NG  
TruRoots – Sprouted TriColor Quinoa - MS, NG  
Arrowhead Mills - Quinoa - MS, WF  
White Quinoa, PLU# 6342 - S  
365 Organic - Royal White Quinoa - 16 oz – WF  
Kirkland organic quinoa 4.5 lb -C  
Village Harvest quinoa premium whole grain 15 lb – C  
Natural Grocers Bulk Quinoa White Organic - NG

Taco shells:

Garden of Eatin' - Yellow Corn Taco Shells – NG  
Taco Shells,org., TJ brand, pkg. of 12, TJ  
Taco Shells Blue Corn, org., 365, 12 shells - WF  
Taco Shells Yellow Corn, org., 365, 12 shells - WF

Tortillas:

Food for Life - Organic Sprouted Grain Corn tortillas -  
frozen (try to keep frozen until use - they get moldy fast) - found at HM, MS  
Food For Life - Brown Rice Tortillas - WF  
365 Organic - Corn Tortillas - WF  
365 Organic - Whole Wheat Chappati – WF  
Food for Life Sprouted Corn Tortillas,12 count – HM  
Siete Almond Flour Tortillas  
Mi Rancho - organic handcrafted corn tortillas - NG  
Mi Rancho Organic Thin Corn Tortillas, Gluten free - NG

Wheat:

Bob's Red Mill Organic Farro, PLU# 39978008602 – MS

## MISC/BAKING NEEDS

Apple Cider Vinegar: (best avoided with candida sufferers)

Note: no Braggs product has ever tested well on anyone

Central Market Organics - ACV - CM

TJ's Organic unfiltered ACV - TJ

O Organics Org. Apple Cider Vinegar-raw, unfiltered - TT

Tree of Life - Organic ACV - HM

Vermont Village - Organic Apple Cider Vinegar – S

Raw Apple Cider Vinegar by Natural Nector Imported from France – WF

Great Value Organic Apple Cider Vinegar, SKU 78742 15525 – WM

Natural Grocers Organic Apple Cider Vinegar, 32 oz - NG

If You Care Parchment Baking Paper, SKU 7000901020 – WF

Baby Food:

Earth's Best Organic - Zucchini Broccoli Medley, Peas & Brown Rice,

Tender Beef Spinach, Spinach & Potatoes (the ones with fruit were bad) – K

Flour:

Arrowhead Mills White Rice Flour Organic

Arrowhead Mills yellow organic cornmeal gluten free – S

Hodges Mills yellow stone ground corn meal - OL

Bob's Red Mill supervise almond flour – S

Arrowhead Mills All purpose baking mix gluten free flour, - S, WF

Arrowhead Mills Organic Buckwheat Flour, 22 oz - HM

Baker Josef's Blanched Almond Flour # 00562546 - TJ

Bob's Red Mill Baking Flour All Purpose

Bob's Red Mill Baking Flour Gluten Free 1 to 1 - Big Lots, SC

Honeyville Almond Flour - C

Buckwheat Flour Organic and non-organic - Natural Grocers Brand – refrigerated - clear package - NG

Coconut Flour Organic Natural Grocers Brand - clear package found in cooler – NG

Organic Coconut flour 17.5 oz bag yellow/purple - S

White Flour Unbleached Organic in clear plastic in refrigerated area – NG

Bob's Red Mill Cornmeal medium grind – 24 oz package – WF

Bob's Red Mill Corn Grits – 24 oz package - S

Bob's Red Mill Stone Ground Whole Grain Cornmeal 24 oz package – S

Bob's Red Mill organic medium grind cornmeal stone ground 24oz yellow bag – S,K,WF

Bob's Red Mill Course Grind corneal stone ground 24 oz clear bag with yellow label – S,K,WF

Bob's Red Mill Oat Flour - Super 1 Foods

Bob's Red Mill organic coconut flour 1 lb 3997801815 – WF

Bob's Red Mill organic whole grain quinoa flour 18 oz, SKU 3997803320 – WF

Bob's Red Mill organic whole grain amaranth flour 18 oz, SKU 3997811911 - WF

Almond Flour Blue Diamond 3 lb SKU 4157014265 – SC

Kirkland Almond Flour Blanched – C

Bob's Red mill Xanthum gum – S

Argo cornstarch - WM

War Eagle Mill Organic Buckwheat Flour, 2lb, SKU 7001540017, WF  
War Eagle Mill Organic Unbleached Bread Flour, 2lb, SKU 7001540012, WF  
War Eagle Mill Organic Rye Flour, 2lb, SKU 7001540026, WF  
War Eagle Mill Organic Corn Flour, 2lb, SKU 7001540019, WF  
War Eagle Mill Organic Whole White Wheat Flour, 2lb, SKU 7001540008, WF  
War Eagle Mill Organic Unbleached All purpose Flour, 2lb, SKU 7001540010, WF  
365 Organic All-Purpose Flour, 5 lb, SKU 9948241436 – WF

Stock:

TJ's Organic Low Sodium Chicken Broth SKU 870634 – TJ  
TJ's Organic Free Range chicken broth, 32 oz, SKU 304160, TJ  
TJ's Organic Stock Vegetable SKU 582131 – TJ  
TJ's Organic Stock Vegetable Low Sodium SKU 985512 – TJ  
TJ's Organic Beef Broth SKU 929615 – TJ  
TJ's Carrot Ginger Soup, 32 oz, SKU 00810784, TJ  
TJ's Organic Hearty Vegetable Broth SKU 215091 – TJ  
TJ's Organic Tomato & Roasted Red Pepper Soup Low Sodium SKU 810760 – TJ  
TJ's Organic Creamy Tomato Soup Low Sodium, SKU 00910149 - TJ  
TJ's Organic Creamy Tomato Soup, SKU 00290906 – TJ  
TJ's Organic Butternut Squash Soup Low Sodium SKU 870634 – TJ  
TJ's Organic Butternut Squash Soup SKU 911207 – TJ  
TJ's Latin Style Black Bean Soup, 32 oz, SKU 985994, TJ  
TJ's Autumnal Harvest Soup, SKU 00632164  
Imagine - Organic Beef Flavored Broth - Low Fat – NG  
TJ's Organic Free Range Chicken Broth - TJ

Sweeteners:

Kirkland Signature Organic Maple Syrup 1L – C  
Kirkland Texas Raw unfiltered honey 3lb – C  
Desert Creek - Raw Honey – MS  
Grade A Dark Color Maple Syrup - bulk PLU 492 -MS  
Y.S. Eco Bee Farms - Raw Honey - S  
Texas Pure Honey (Red label w/ white Texas pic) - S  
Glory Bee Organic Raw Honey - Clover Blossom - S  
Glory Bee Organic Raw Honey - Fair Trade - S  
Glory Bee Raw Honey - Montana White Clover Blossom – S  
Sue Bee White Clover Honey (5lb)  
Sprouts Organic Honey Raw 24 oz – S  
Sprouts Organic Honey 12 oz - S  
TJ Mostly Mesquite Honey U.S. Grade A 1 LB 8 OZ, PLU# 91466, Mexico – TJ  
TJ Mostly Mesquite Honey U.S. Grade A 3 LB, PLU# 15349, Mexico – TJ  
TJ OSO Good Argentine Honey Multi-floral # LB, PLU# 642002, Argentina – TJ  
TJ Multi-floral and Clover Honey 12 OZ, PLU# 302968, USA – TJ  
Organic Maple Syrup Grade A 12 oz Amber Color - TJ  
TJ Organic Maple Syrup Grade A 12 FL OZ, PLU# 549813, Canada – TJ  
TJ's Organic Maple Syrup Grade A Dark Color & Robust Taste - TJ  
TJ Organic Coconut Sugar 1 LB, PLU# 960717 – TJ

TJ's Organic Maple Butter spreadable creamy maple syrup, 9.5 oz, SKU 00633840 - TJ

Nature Nate's North Dallas Honey Co. - Raw & Unfiltered – WM

Nature Nate's North Organic Honey - Raw & Unfiltered – S

Nature Nate's North - Raw & Unfiltered - S

Warne Bee Farm, Wildflower Local Honey - [www.warneshoneybees.com](http://www.warneshoneybees.com)

Tree of Life - Clover honey - HM

Tree of Life - Alfalfa honey - HM

Tree of Life - Orange Blossom honey - HM

Madhava - Agave Nectar Light (keep it in the fridge and use it pretty quickly - it shows mold after a few months) – MS, NG

Xylosweet - xylitol crystals sweetener - MS

SweetLeaf stevia powder – WF - use only organic

Truvia stevia powder

Truvia nectar (honey + stevia + sugar)

Stevia in the Raw

Coconut Secret - Raw Coconut Crystals - Low Glycemic Sugar Alternative - MS

Gunters Pure Honey Wildflower 32 oz SKU 2127320032 – SM

Gunters Pure Honey Clover 32 oz SKU 2127310032 – SM

Pure Honey, by North Dallas Honey Co., Frisco, TX - S, WM

Coomb's Family Farms - Organic Grade A Maple Syrup - CM, WF

Tree Hive Maple Syrup + honey 8.5 oz – WF

SweetLeaf Sweet Drops sweetener vanilla crème 2 oz – WF - use only organic

Anthony's erythritol sweetener gluten free non gmo – OL

SweetLeaf Sweet Drops sweetener english toffee 2 oz – WF - use only organic

SweetLeaf Sweet Drops sweetener steviaclear 2 oz – WF - use only organic

365 organic Stevia Extract liquid 2 oz – WF

Lakanto Monkfruit sweetener with erythritol Golden non gmo– WF

Lakanto Monkfruit Sweetener with erythritol Classic non gmo– WF

Swerve the ultimate sugar replacement granular 340 g – WF

Natural Birch xylitol sweetener 16 oz product of Finland – WF

Swerve 12oz bag, - WF, S

Truvia, from Stevia Leaf, Memb. Mark, 400 packets, 28.2 oz, SC

Honey, Pure U.S. Grade A clover, 2-40oz,(5 lb), SC

Honey, Texas Raw Unfiltered, Nature Nates, 44 oz, SC

#### Tomato products:

Imagine - Creamy Tomato soup

Muir Glen Organic Garden Vegetable pasta sauce

Muir Glen Organic Italian Herb pasta sauce

365 Organic Italian Herb pasta sauce, 25 oz, -WF

365 Organic Tomato Basil pasta sauce, 25 oz, -WF

Muir Glen Organic Tomato Basil pasta sauce

Cadia - Organic Tomato Basil Pasta Sauce – HM, NG

Natural Eddie's - Spaghetti Vegetable Rotelli - HM

Bionaturae - Organic Strained Tomatoes - MS

Clint's Texas Salsa Mild, SKU# 1344000003, TX, USA – NG, T, WF, WM  
Frontera - Jalapeno Cilantro Salsa - NG  
Muir Glen Organic Tomato Sauce (low sodium) - NG  
Walnut Acres - Organic Tomato Basil Pasta Sauce - NG  
Organic tomato and roasted red pepper soup -TJ  
Bionaturae - Organic Tomato Paste – WF  
Wholegrown Harvest Organic Tomatoes PLU 94799 – WF  
Classico 4-cheese Alfredo pasta sauce - WM  
Sprouts Organic Basil Pesto Vegan, Italy – S  
Sprouts Roma tomato paste non gmo – S  
Sprouts Organic medium salsa 16 oz - S  
Tasty Bite All-Natural Indian Vegetable Tikka Masala - NG and other stores  
Organic Ketchup Heinz, 44 oz – SC  
Heinz Tomato Ketchup org 2 pack – C  
Classico fire roasted tomato and garlic pasta sauce – WM  
Simply Nature Organic thick & chunky MED salsa 16 oz

Other:

Arm & Hammer baking soda - WM  
Rumford - Aluminum-Free baking powder  
Santa Cruz Organic - Pure Lemon Juice - K  
carob powder - Chatfields Carob Powder - NG, WF  
coconut - Let's Do Organic - shredded coconut, coconut flakes - MS, WF  
coconut - Tropical Traditions - shredded coconut - OL  
Organic Fine Shredded coconut -NG brand - NG  
Maranatha - Coconut Butter - K, WF  
Cadia organic balsamic vinegar of Modena - HM (keep it in the fridge - goes moldy quickly)  
Yehuda Matzos whole wheat - WF  
Small Pearl Tapioca - bulk - MS  
Cadia Organic Sauerkraut - HM  
Kuhne Traditional German Barrel Sauerkraut – K  
Simply Gum - 100% Natural - Mint – NG  
Simply Gum natural Peppermint– WF  
Great Value - Double Zipper fresh seal quart bags - WM  
Navitas Naturals - unsweetened Cacao nibs - 100% organic – S  
Navitas Org. Cacao Nibs, 8 oz, WF, S  
International Harvest - Organic Raw Cacao Nibs (12 oz) - OL at [www.puritan.com](http://www.puritan.com)  
Organic bulk golden Flax Seed - bulk section - MS  
Nutiva - black chia seeds - C  
Kirkland - Roasted Seaweed – C  
Cadia Lightly salted Roasted Seaweed – HM  
TJ's Coconut Flakes  
TJ's Organic coconut milk  
TJ's Coconut Cream  
Banh Trang Song Huong Spring Roll Skins - JG on Legacy  
Mung Bean Paste Thread - JG  
Mung Bean Sprout #70151 - JG  
Bean Sprouts, Dallas Calco, SKU# 8823601012 - JG

Mung Bean Sprouts, Green Valley Food Corp., SKU# 1472220816 - JG  
Soy Bean Sprouts #70152 - JG  
Pea Sprouts 8 oz, SKU# 2144900500 - JG  
Golden Flax (in the fridge) - NG  
Organic Masa Harina (to make your own tortillas) – NG  
TruRoots Sprouted Mung Beans - NG  
Natural Grocers Bulk Mung Beans Organic - NG  
Natural Grocers Bulk Green Split Peas non-GMO - NG  
Natural Grocers Bulk Long Grain Brown Rice non-GMO - NG  
Natural Grocers Bulk Pumpkin Seeds non-GMO - NG

PLANTS if you're planning to garden!

all are Bonnie Brand, found at WM:

Arkansas traveler tomato, black prince tomatoes, eggplant, zucchini squash (black beauty), red bell (sweet pepper), dill, strawberry, pineapple sage, mexican tarragon, spearmint, ...and probably more too (found a bad lemongrass though)!!!

Basil plant - TJ

Save the bees (full sun) seeds-nursery in Carrollton off Keller Springs

## NON-ANIMAL PROTEIN

Manitoba Harvest Organic Hemp Pro Fiber Original 1 lb- S, OL  
Raw Organic Moringa Powder MRM superfood 8.5 oz., OL  
Sacha Inchi, MRM superfood, 8.5 oz. - OL

(pick the dark ones out of your bulk items and toss 'em!!!)

### Beans/Legumes:

Bob Red Mill Large Lima Beans 28oz - WF  
Earthly Choice Lentil Trio  
Organic bulk black beans (turtle beans) - MS  
Organic bulk green lentils (pick out the super dark ones) - MS  
Organic bulk chickpeas (garbanzo beans) - MS  
Organic Yellow Peas, PLU# 17495 - S  
Organic Red Lentils, PLU# 17494 - S  
Organic Mung Beans, PLU# 17491 - S  
Green Lentils – Bulk - S  
Orange lentils, bulk - S  
Red Lentils – Bulk - S  
Sprouts Organic Garbanzo beans low sodium – S  
Sprouts Organic Black beans low sodium – S  
HyTop dried pinto beans – S1  
Casserole Pinto Beans in bag - WM  
TJ's Organic Garbanzo beans (16 oz can) - TJ  
TJ's Organic Great Northern beans (can) - TJ  
TJ's Organic Cannellini beans (can) - TJ  
TruRoots - Sprouted MungBeans - HM, MS, NG  
TruRoots - Sprouted GreenLentils - HM, MS, NG  
Eden Organic Navy beans no salt added, can – 15 oz - NG  
bulk garbanzo beans - WF  
Bulk split peas – WF  
Natural Grocers Organic garbanzo beans, can SKU 4932700055, NG  
Allen's Italian green beans 28oz can - WM  
365 canned organic cut green beans no salt added – WF  
Allen's Seasoned Italian green beans 28oz can - WM  
365 canned organic sweet peas no salt added – WF  
365 canned Pinto Beans no salt added SKU 9948245582 – WF  
Westbrae Natural organic black beans canned no salt added, SKU 7487316321 – MS  
Westbrae Natural organic pinto beans canned no salt added, SKU 7487316324 – MS  
Westbrae Natural organic great northern beans no salt added, SKU 7487316322 – MS  
O Organics organic lentils canned 15 oz SKU 7989312590 – MS  
O Organics organic cannellini beans, no salt added 15 oz can,SKU 7989312594 – MS  
O Organics organic black beans 15 oz can,SKU 7989340610 – MS  
O Organics organic pinto beans no salt added 15 oz can,SKU 7989312595 - MS



### Hummus:

Oasis - Original Hummus - NG  
Sabra Classic Hummus - K, TT, probably WM, C  
note: some of the small ones have had mold

### Nuts:

Almonds Sliced, PLU# 837 - MS  
Almonds Slivered & Blanched, PLU# 435 - MS  
Almonds Sliced, PLU# 6026 - S  
Almonds Slivered & Blanched, PLU# 6027 - S  
Rainbow Acres Natural Almonds, 16 oz, SKU 2263910105 - HM  
Woodstock Organic Raw Almonds, 7.5 oz - HM  
Valued Naturals cashews with sea salt 20 oz bag - TT  
Kirkland Signature Whole Fancy Cashews 2.5 lb - C  
Kirkland organic walnuts 1.7 lb - C  
Kirkland pistachios in shells 3 lb - C  
Kirkland - Marcona Almonds - Roasted and Seasoned with Sea Salt - C (plastic container w/ peanut oil)  
Kirkland Almonds 3lb bag - C  
AustiNuts walnuts Raw halves & pcs 10 oz SKU 9861245632 -K  
Organic Raw Almonds Simple Truth - K  
Roasted Salted Pepitas Bulk, Canada, PLU 51524 - K  
bulk non-organic almonds (don't eat the dark ones!) - from MS  
Roasted, salted bulk cashews - MS  
Roasted, salted bulk pistachios - MS  
Rainbow Acres Dry Roasted Pistachio Nuts no salt added 1 lb, SKU 2263910186 - HM  
peanuts - Salted, Blanched bulk Peanuts #866 and #508 - MS  
bulk pistachios in shell - S  
bulk organic almonds in the barrel (don't eat the dark ones!) - S  
Roasted Salted in Shell Pistachios PLU# 6620 - bulk - S  
Roasted Unsalted in Shell Pistachios PLU# 6618 - bulk - S  
TJ's Raw California Walnut Halves & Pieces, 16 oz - TJ  
Natural Shelled Walnuts Members Mark 48 oz - SC  
Walnut Halves 0.86 lb SKU 9100001943 - SM  
Sliced Almond 0.86 lb SKU 9100001942 - SM  
Indian Peanut Raw 5 lb SKU 9100002316 - SM  
Peanuts Blance 0.86 lb SKU 9100002309 - SM  
TJ's Raw California Walnut Halves (only if they're lightly colored)  
Cashews, dry roasted, AustiNuts, 16 oz, TT  
bulk non-organic pecans - WF - don't eat the dark ones!  
Pistachios, dry roasted w/ sea salt, Calif., Memb. Mark, 48 oz, SC

### Nut Butters:

Simply Nature Organic Creamy Peanut Butter Unsweetened 1 lb – A  
Cadia Crunchy Almond Butter 16 oz – HM  
Peanut Butter, creamy or crunchy, salted or unsalted - TJ  
Salt-free almond butter - TJ  
TJ's Organic valencia peanut butter - TJ  
Organic NuttZo Seven Nut & Seed Butter (smooth or crunchy) - MS  
PfitB Peanut butter powder 15 oz SKU 9792200282 -K  
Just Great Stuff Organic powdered peanut butter SKU 1607312345 -K  
Santa Cruz organic creamy Light roasted peanut butter 16 oz SKU 36192127003 -K  
Santa Cruz Organic - peanut butters - found at NG, WF  
Smucker's Natural peanut butter (chunky only) – MS, WM (note: 1 in 8 test poorly)  
Smuckers Organic - Peanut Butter - WM  
Once Again - Organic Crunch Peanut Butter - unsweetened & salt-free  
Tree of Life - Crunchy Almond Butter - HM  
Arrowhead Mills - crunchy peanut butter – HM  
365 Organic Creamy Peanut butter unsweetened 16 oz – WF  
Simple Truth Organic Pistachios sea salt 10 oz  
Kirkland Organic Creamy Almond Butter 27 oz - C

Peas:

Cadia Organic Split Peas (dried) – HM  
Green Split Peas PLU# 6577 - bulk - S  
Split pea, bulk – S  
Sweet green peas, org., 365 - WF

Seeds:

Manitoba Harvest Organic Hemp Hearts Raw Shelled Hemp Seeds, 12 Ounce  
Raw Pumpkin Seeds PLU# 54931 - bulk - K  
Organic bulk golden flaxseeds – MS  
365 organic brown flaxseed – WF  
Organic bulk pumpkin seeds – MS, WF (PLU 6029)  
Conventional Pumpkin seeds bulk PLU 6032 – WF  
Golden Flax Seeds PLU# 6684 - bulk - S  
Hulled Raw Sunflower Seeds - bulk – S  
Hulled Raw Sunflower Seeds - bulk - WF  
Pumpkin seed PLU# 6687 bulk - S  
Raw Pumpkin Seed Kernels - bulk - S  
Rainbow Acres Raw Natural Sunflower Seeds, 2lb, SKU 2263910219 – HM  
TJ Raw Sunflower Seeds 16 oz SKU 78320 – TJ  
TJ's Raw Shelled Hemp Seed 8 oz - TJ  
Sprouted organic pumpkin seeds with sea salt 18 oz – C

## OILS

*(note: no SPECTRUM product has ever tested well)*

### Olive:

TJ's Premium 100% Greek Kalamata Extra Virgin Olive Oil - Cold Pressed - Greece – 1L

TJ's Unfiltered Organic Greek Extra virgin Athinolia variety Olive Oil 17 oz - TJ

Full Circle - Organic Olive Oil - Super 1 Foods

Cadia All Natural California Extra Virgin Olive Oil - HM

World Classics - Imported Extra Virgin Olive Oil - MS (discontinued???)

World Classics - Classic Italian Olive Oil - MS (discontinued???)

O Organics Org. Extra Virgin Olive Oil - TT

Star - Extra Virgin Olive Oil - TT, sometimes WM

Kirkland - Extra Virgin Olive Oil Toscano – C

Organic Extra Virgin olive oil Members Mark 2 liter – SC

Carapelli Organic extra virgin olive oil first cold pressed 33.8 fl oz -C

### Coconut:

Tree of Life - Organic Refined Coconut Oil - found at HM

Nature's Way Coconut Oil Organic Extra Virgin, 16 oz – HM

Emerald Labs - Organic Coconut Oil - found at MS

Nature's Way - Organic Coconut Oil (small/med) - HM, MS, NG, WF (don't buy the large one or liquid one!!)

Nutiva Coconut Oil, Virgin, clear plastic jar w/ white lid, 29 oz - NG, WF

Nutiva Coconut Oil, Virgin, glass jar w/ green lid, 23 oz - NG, WF

### Sesame Seed:

### Other:

Australian Mac Nut Oil - Macadamia Nut Oil – MS, WF

## OTHER

### Pans/Pressure Cookers:

cooking with Calphalon - Special Value - nonstick 8" and 10" Omelette Pan Set - WM  
Instant Pot IP-DUO60 7-in-1 Multi-Functional Pressure Cooker, 6Qt/1000W, Amazon or WM  
Sur La Table Tri-Ply Stainless Steel Saucier SLT-0001244 , 2 qt.-

[https://www.amazon.com/Sur-La-Table-Tri-Ply-Stainless-SLT-0001244/dp/B01CKKQHZO/ref=sr\\_1\\_8?s=home-garden&ie=UTF8&qid=1503182528&sr=1-8&keywords=Sur+La+Table+Tri-Ply+Stainless+Steel](https://www.amazon.com/Sur-La-Table-Tri-Ply-Stainless-SLT-0001244/dp/B01CKKQHZO/ref=sr_1_8?s=home-garden&ie=UTF8&qid=1503182528&sr=1-8&keywords=Sur+La+Table+Tri-Ply+Stainless+Steel)

### Cleaning:

Hydrogen Peroxide (brown bottle w/ purple on label) - WM  
Arm & Hammer Baking Soda (that familiar orange box we all know)  
Better Life Cleaners, MS, HM

### Dishes:

ecover Dish Soap Pink Geranium  
Earth Friendly Products - Ecos Dishmate- Pear - NG  
EcoMax - Hypoallergenic Ultra Dish Wash - NG  
Earth Friendly Products Dishwashing Liquid - Pear, Almond, Grapefruit - NG  
Earth Friendly Products (JetDry Alternative) - WaveJet Rinse Aid -NG

### Laundry:

Earth Friendly Products ECOS Free and Clear Laundry Detergent – NG, WM  
ECOS Plus stain fighting enzymes Laundry Detergent 120 loads – WM  
~~Earth Friendly Products ECOS Liquid Laundry Detergent (lavender) – K~~  
Full Circle - Chamomile and Ylang - MS  
Method - free & clear  
Biokleen All temperature Laundry Liquid, Grapefruit Seed & Orange Peel Extract (the unscented is no good)  
Kirkland Ultra Clean free and clear detergent - C

### Misc:

Tea Tree Therapy Tea Tree Oil - MS, OL  
Boiron Arnica Gel - NG, OL, WF  
365 sandwich bags – WF  
Nulogic DreamLogic ETAS - OL  
Some organics to avoid (don't waste your \$):  
365 Organics (Whole Foods' brand)  
Bragg Organics (or anything by Braggs, actually)  
Homegrown Organics  
Spectrum Organics  
Tomorrow's Organics  
Viva Tierra Organics  
Simple Truth Organics (K's brand - with the exception being their Simple Truth Unsweetened Coconut Milk, Almond Milk, carrots, salted butter, and Broccoli)  
Salad Servers, Natural Home Brands, I am Olive Wood, [www.naturalhomebrands.com](http://www.naturalhomebrands.com) - WF

Bambu Grubware Bamboo Straws 6 reusable - NG

## SEASONINGS/HERBS

### Fresh:

Garlic Bulk, PLU# 4608 – K  
Loose garlic (not organic) - S  
Basil plant - TJ  
Foxy - Organic Cilantro - K  
Lakeside Organic Gardens - Organic Cilantro - K  
Pure Pacific - Cilantro - K  
Cal Organic - Cilantro – K, S  
Cal Organic - Parsley - K  
Cal Organic - Fennel - K  
Organic Parsnip grown in CA – S  
Organic parsnip (grown in CA/TX/Mexico) - WF  
Fennel Bulb Organic, PLU# 94515, CA, USA - WF  
Ginger, PLU# 139, Jamaica/China – JG  
Ginger root (non-organic) - MS (make sure it is fresh looking and not old!)  
Serrano Chili's - S  
Jalapeno Chili's - S

### In a bag/bottle/or bulk:

Frontier Organic Cinnamon sticks  
Organic Frontier Coop Whole Allspice PLU 10595 - WF  
Morton & Bassett - Bay Leaves  
Nature's Way Red Cayenne capsules  
Nature's Way turmeric capsules  
WildTree Rancher Steak Rub - MLM (under seasonings)  
Kirkland Signature Ground Turmeric 12 oz - C  
Kirkland Signature Whole Fancy Cashews 2.5 lb - C  
Central Market Organics - Organic Garlic Powder - CM  
India Tree - Coarse Brazilian Sea Salt - found at HM, MS, WF  
Alessi All Natural Sea Salt - MS  
Full Circle - All Natural Sea Salt – MS  
Kirkland pure sea salt fine grain 30 oz -C  
Full Circle - Ginger Powder - MS  
McCormick - ground mustard - MS  
McCormick - ground sage - MS  
McCormick Gourmet Collection - Italian Seasoning - MS  
Morton & Bassett San Francisco Savory 0.8 Oz - MS  
O Organics - ground cumin - MS  
O Organics Organic Ground Cinnamon 1.5 oz - MS  
O Organics Organic Italian Seasoning 0.6 oz - MS  
O Organics organic Madagascar Bourbon Pure Vanilla Extract 4 FL OZ, PLU# 79893152424  
– MS  
Frontier Coop Vanilla Extract made from ugandan vanilla beans, 4 fl oz - WF  
Simply Organic Basil, Oregano, Parsley, Cinnamon, Cayenne - def. worth a test  
SOME small Simply Organic vanilla extract (it's hit or miss) - MS, WF  
World Classics - Coarse Sea Salt - MS

Bulk Sea Salt PLU# 6682 - S  
Private Selection Italian Seasoning dry 0.52 oz - S  
Simply Organic Italian Seasoning 0.95 oz  
Simple Truth Organic Basil dry 0.5 oz - S  
Spice Hunter yellow mustard – S  
French's Organics Classic Yellow Mustard 2 pack – C  
Spice Hunter Chinese ginger - S  
Spice Hunter Sweet paprika - S  
Spice Hunter dill - S  
Sprouts organic garlic powder 2.33 oz – S  
Kirkland black pepper whole peppercorns 6.3 oz in a grinder – C  
Kirkland Coarse Grind black pepper 12.7 oz – C

Ground Saigon Cinnamon, Memb. Mark Org., 7.0 oz - SC  
Ground Turmeric, Memb. Mark Org., 9.5 oz - SC  
Thyme Leaf, Memb. Mark Org., 2.9 oz - SC

Chili Powder, Memb. Mark Tone's, 20.0 oz – SC  
Cilantro, Memb. Mark Tone's, 4.0 oz - SC  
Ground Cinnamon, Memb. Mark Tone's, 18.0 oz – SC  
Parsley Flakes, Memb. Mark Tone's, 2.7 oz – SC

Basil, Memb. Mark., 6.25 oz., SC  
Cayenne Pepper, Memb. Mark, SC  
Chili Powder, Memb. Mark, SC  
Chives, chopped, Memb. Mark, SC  
Cilantro, Memb. Mark, 4.25 oz., SC  
Cinnamon, ground, Memb. Mark, 18 oz, SC  
Cumin, ground, Memb. Mark, 16 oz, SC  
Curry Powder, Memb. Mark, 10 oz, - SC  
Garlic, fine powder, Memb. Mark, SC  
Oregano Leaves, Memb. Mark, SC  
Paprika, Spanish Style, Memb. Mark, SC  
Parsley Flakes, Memb. Mark, 3.2 oz., SC  
Red Pepper, crushed, Memb. Mark, SC  
Rosemary Leaves, Memb. Mark, SC  
Thyme, leaves, Memb. Mark, SC

TJ's Garlic Powder -TJ  
Bulk sea salt #5143 – WF (the cheapest salt option!! no grinder needed)  
365 Ginger Ground 1.34 oz – WF  
365 Nutmeg ground 1.92 oz – WF  
365 Parsley 0.25 oz – WF  
Frontier (non-organic) cloves - WF  
Frontier (non-organic) garlic flakes - WF  
Frontier (non-organic) garlic granules - WF  
Frontier (non-organic) smoked paprika - WF  
Frontier Organic - mustard seed - WF

Simply Organic - ground cumin - WF  
Simply Organic garlic 'n herb 88g – S  
Spicely organics – organic nutmeg – 1.9 oz – MS  
Spicely organics – organic yellow mustard – 2.4 oz – MS  
Spicely organics organic chinese five spice - MS  
Organic Vanilla Extract - MS  
~~Member's Mark Organic, Ground Black Pepper 7 oz - SG~~  
~~Member's Mark Organic, Ground Cayenne Pepper 8 oz - SG~~  
~~Member's Mark Organic, Ground Cumin 8 oz - SG~~



## SNACK CARBS

(fruity snacks, chips, crackers, rice cakes)

### Fruit stuff:

Desert Valley Date, Fancy Medjool Dates 1 lb, Grown in California, SKU 089257008014 – A  
Bard Valley Natural Delights Medjool Dates - K  
Santa Cruz Organic Apple Sauce – HM, NG  
Cadia - Organic Gravenstein Apple Sauce - NG  
Organic apple sauce cups - TJ  
Hero - Black Currant Premium Fruit Spread (Product of Germany) - MS  
Hero Premium Fruit Spread (strawberry and raspberry)  
Santa Cruz Organic Fruit Spreads (strawberry and peach)  
Organic Apple sauce Pouch Variety GoGo Squeez, 24 pack -3.2 oz - SC  
TJ Organic Apple Sauce 16 oz (4-4 oz cups) SKU 531740 – TJ  
Bulk Pitted Deglet Noor Dates PLU 9585 – WF  
365 Organic Pineapple slices 8 oz 99482 48282 - WF  
Frozen Pineapple Chunks, Sprouts, 3lb bag - S  
Crofter's Organic All Fruit Spread - Flavor: Superfruit - WF (note: 1 in 8 have mold)  
Crofter's Just Fruit Spread Organic Wild Blueberry, 10 oz -NG  
Crofter's Just Fruit Spread Organic Blackberry, 10 oz - NG  
Crofter's Premium Spread Organic Wild Blueberry, 10 oz - NG  
Crofter's Premium Spread Organic Seedless Blackberry, 10 oz - NG  
Eden Apple Butter Spread Organic, 17 oz - NG

### Chips:

TJ's Sweet Potato Tortilla Chips  
TJ's Pumpkin Chips  
TJ's Pumpkin Tortilla Chips -TJ  
Roasted Plantain Chips, 6 oz. - TJ  
TJ's Plantain Chips  
TJ's Organic Stone Ground Blue Corn Tortilla Chips, with sprouted amaranth, quinoa & chia seeds  
TJ's Hawaiian Style Potato Chips - blue bag  
TJ's Quinoa and Black Bean infused Tortilla Chips  
TJ's Corn, pea, bean & quinoa crisps 4.5 oz – TJ  
TJ's Peruvian potato chips 170 g – TJ  
TJ's Pumpkin Tortilla Chips, SKU 55287 – TJ  
TJ's Sweet Plantain Chips, 5.3 oz, SKU 550857 – TJ  
TJ's Corn,Pea,Bean & Quinoa Crisps, 1.5 oz, SKU 00618151 – TJ  
Lundberg Farms Rice Chips - lightly salted - CM, HM, MS, WF  
Garden of Eatin - organic corn chips – WF  
Cadia Organic Yellow Corn Chips,255 g – HM  
Blue Diamond - Nut Chips - lightly salted – HM  
Eat Smart Snacks Veggie Sticks Sea Salt, 7 oz – HM  
Peeled Snacks Baked Pea Crisps Organic sea salt, 3.3 oz – HM  
Food Should Taste Good - Multigrain Tortilla Chips - MS, WF, WM  
Xochitl - Organic Corn - thin chips - MS

Simply7 Quinoa Chips Sea Salt 3.5 oz SKU 6421865124 – WF  
Crunchmaster Multi seed crisps Original - WM  
Mediterranean snacks - Baked Lentil Chips - sea salt – Amazon, WF  
Brads Crunchy Kale original 2 oz – WF  
Home Made Tortilla Chips 12 oz SKU 5309400417 – WF  
Cauliflower Tortilla Chips sea salt - WF  
Siete Grain Free Tortilla Chips sea salt - WF  
365 Organic Blue Corn Tortilla Chips 12 oz – WF  
Simply 7 Quinoa Chips sea salt 4 oz– WF  
Simply 7 Lentil Chips sea salt 4 oz – WF  
365 Organic White Corn Tortilla Chips - WF  
Late July Snacks-Sea Salt by the seashore Multigrain Tortilla Chips (Chia, Flax, Millet,Quinoa & Amaranth) - C  
Green Mountain Gringo Tortilla Strips, Original, Yellow Corn - NG

#### Crackers:

Light rye crispbread - by wasa - NG  
Finn Crisp - This Rye Crispbread with Sourdough Rye - Lantmannen Cerealia Oy - Helsinki – WF  
Simple Mills Almond Flour Crackers, SKU 56069 00513 - WF  
Les Pain Fleurs 100% Organic Quinoa Crispbread - MS, S  
Mary's Gone Crackers - original crackers - WF  
Sesmark - Rice Thins (brown rice) - WF  
gimMe organic - roasted seaweed snacks - sea salt - [walmart.com](http://walmart.com), vitacost, some TJMaxx  
Blue Diamond Nut Thins – Almond, lightly salted or sea salt - CM, HM, MS, WF  
Saffron Road oven baked lentil crackers sea salt, 4.5 oz, SKU 5448700603, - WF  
Saffron Road oven baked lentil crackers rosemary herb, 4.5 oz, SKU 5448700604, - WF

#### Cookies:

RXBAR Maple Sea Salt – WF  
RXBAR Peanut Butter – WF  
RXBAR Maple – WF  
RX protein bar – orange #93908 00280 - WF  
RX bar pumpkin spice # 57777 00418 - WF  
Gomacro macrobar banana + almond butter 81945 00015 - WF  
Go Raw Organic sprouted bar, pumpkin seed, 51g, SKU 5988800004, NG  
Taos Bakes pecan praline + maple syrup bar, SKU 5696200722, NG  
Taos Bakes caramel pecan + cranberries bar, SKU 5696200716, NG  
Mi-Del Vanilla Snaps, Lemon Snaps, Cinnamon Snaps, and Ginger Snaps - NG, some WF, MS  
Go Raw Organic Sprouted Bar, Spirulina Sesame - NG  
Go Raw Organic Sprouted Bar, Pumpkin seed - NG

#### Gum:

Simply Gum - 100% Natural - Mint – NG  
Simply Gum MINTS peppermint 1.1 oz – WF

Rice cakes:

Lundberg Farms Organic rice cakes - lightly salted - CM, MS, NG, WF  
Lundberg FarmsStackers Red rice and Quinoa puffed crackers non gmo – WF  
Lundberg FarmsStackers 5 grain puffed grain cakes non gmo – WF  
Pran Puffed Rice 14 oz SKU 3173000569 – SM  
BP Gold Puffed Rice 28 oz – SM

Corn:

Simple Truth Organic low sodium air popped popcorn w/ a hint of salt - K  
Pop'd Kerns - OL  
Organic Popcorn - bulk - S, WF  
Organic Yellow Popcorn PLU# 6625 - bulk - S  
Puffed Corn (corn, corn oil, salt) - bulk - S  
Roasted Salted Toasted Corn PLU# 6240 - bulk - S  
TJ's Whole Kernel Corn 15.25 Oz can, SKU# 16056 - TJ  
365 canned organic sweet corn no salt added – WF  
Love Corn sea salt 4 oz – WF  
Love Corn smoked bbq 4 oz - WF

Chickpea:

Saffron Road Organic Crunchy Chickpeas, Sea Salt, 6 oz

## VEGGIES

(as with all produce, make sure it doesn't look old [isn't bendy or discolored])

Quartered Artichoke Hearts canned 14 oz Native Forest - MS  
TJ's Marinated Grilled and Ungrilled Artichoke Halves 12 oz, SKU# 541145 - TJ  
Marinated Artichoke Hearts CaraMia 6.5 oz – TT  
Woodstock Organic Kosher Baby Dill Pickles, 24 lf oz – HM  
Woodstock Organic Kosher Sliced Dill Pickles, 24 lf oz – HM  
Woodstock Organic Bread & Butter Pickle Chips, 24 lf oz –

### Arugula:

Trader Joe's - Wild Arugula (not organic)  
Trader Joe's -Organics Arugula 7 oz - TJ

### Beets.

Red Beets Organic Tenaza Farms PLU# 94539 - MS  
TJ Organic Beets 1 LB, PLU# 536813 – TJ  
Organic loose red beet (grown in Ca/ Colorado) - WF

### Bell pepper:

Pure Flavor - orange bell peppers - S  
Orange Bell Pepper Llano, PLU# 3121, Mexico – S  
Orange Bell Pepper, PLU# 3121, Holland – S  
Yellow Bell Pepper GCM Garden Classics, PLU# 4689, Mexico – S  
Green Bell Pepper Farmer's Best, PLU# 4065, Mexico – S  
Orange Bell Pepper Lakeside Canada 3121 white labe green/black - S  
Levarht orange bell peppers - TJ  
HA Agrimac red peppers (not organic) - MS  
Azteca - red and orange bell peppers- MS  
Lakeside (Canada) - red bell peppers - MS  
Red Sun - bell peppers - red & orange - K  
Yellow Bell Peppers Red Sun PLU# 4689 Product of Mexico – K  
Yellow Bell Peppers PLU# 4689 Product of Canada – S  
El Sol De Sayula - Red Bell Peppers - MS  
ICS Garden Classics #3121 Orange Bell Peppers - K  
Total Fresh - Orange Bell Peppers - K

### Bok Choy:

Sweet Bok Choy, PLU# 1108, USA/Mexico - JG  
non organic bok choy - S  
Cal-Organic Bok Choy  
Organic Baby Bok Choy - S  
Baby Bok Choy in cellophane packaging - TJ

### Broccoli:

Broccoli Crowns, PLU# 3082 – S  
Deardorf Organic broccoli - S  
Cal-Organic broccoli - S  
Simple Truth Organic Broccoli - K  
Bonipak Certified Organic Broccoli – K  
Organic Broccoli Flower – TJ  
Broccoli Crowns, PLU# 3082, CA, USA - S, WF  
Fresh Broccoli Crowns - S

Brussels sprouts:

Queen Victoria - Brussels Sprouts stalk - K  
4Earth Farms - Brussels Sprouts Stalk – MS  
Brussels Sprouts Bulk - S  
Large Brussels sprouts in the bags (not organic) - avoid small (diff farm) – S  
Brussel sprouts Los Angeles Salad Company 2lb – SC

Cabbage: Make sure leaves are not wilted!

loose, not organic - S  
Foxy organic - green cabbage - K  
loose, not organic - take out the outer leaves before eating - MS  
Joe Heger Farms Organic- Green Cabbage - K  
Napa #70101, USA/Mexico - JG  
napa cabbage and long napa cabbage from JG  
NG organic cabbage  
Organic Green Cabbage grown in TX – S  
Organic Red Cabbage grown in CA – S  
Organic Green cabbage PLU 94069 -WF  
Org Green Cabbage - S

Carrots:

Organic loose carrots grown in CA – S  
Carrots, O Organic, 2lb bag - TT

Cauliflower:

Simple Truth Organic Cauliflower - K  
Cauliflower organic - PLU 94079 – K  
Adam Brothers Family Farms Cauliflower - S  
Oceanmist Farms cauliflower – S  
Riced Cauliflower -TJ  
Cauliflower Florets - TJ  
Grilled Cauliflower product of Italy 16 oz SKU 544825 – TJ  
Organic Rainbow Cauliflower product of Equador 16 oz SKU 605793 – TJ  
Cauliflower, org., Pure Pacific Organic - WF

Bonipak Organic Cauliflower - WF

Celery:

TJ's - Organic Celery

Josie's Organics - Celery - K

Nature's Wave - Organic Celery - K

Double D Farms - Organic Celery - K

Organic Celery Stalk, USA, PLU 94070 – K

Cal - Organic Celery – S

Nature's Choice Organique Celeri – SKU 5171600602 – WF

Fresh Celery, Foxy Organic - S

Chard:

Foxy - Organic Red Chard - MS

Cal Organic red chard - S

Mr. Lucky Organics - Swiss Chard – NG

Green Chard Organic, Cal-Organic, PLU# 94586, USA - WF

Collard Greens:

Cal-Organic Collard Greens

Cucumbers:

Lake Side Cucumbers, Product of Canada, PLU 4593 – A

Brighthouse Organics Organic English Cucumbers - C

Wholesome Harvest - organic cucumber - K

Farmer's Best - cucumber - S (make sure they have a label)

Hot House Cucumbers ([www.Pure-Flavor.com](http://www.Pure-Flavor.com)) product of Mexico – S

Cucumber, Canada, Lakeside, 4593 - S

Hothouse Cucumbers, PLU# 4593, Canada - TJ

TJ's Organic English Cucumbers – TJ

Cucumbers Pure Flavor Canada PLU 4593 -WF

Eggplant:

Japanese eggplant PLU 4601 product of USA - S

Ginger

Fresh Ginger, BRAZIL, PLU 4612 - S

Green beans: (obviously, don't buy old, dark, or super bendy ones)

bulk green beans - MS, S

French green beans, fine, New World Farms, 2lb, SC

Fresh Green Beans - S

Kale:

Braga Farms Sweet Kale Chopped Salad - C  
TJ's Organic Mixed Baby Kale  
Earth Greens Organic Green Kale 10 oz - TJ  
B Organic - Green Kale - NG  
Josie's Organics - Kale - MS  
PureVeg - Organic Green Kale  
Earthbound Organic - Kale - MS  
Ratto Bros. - Kale (non-organic) – K  
Kale, PLU# 94627 - WF  
Dino Kale Organic, PLU# 93166, CA, USA - WF  
Green Kale Organic, PLU# 94627, CO, USA - WF

Leeks:

Cal-Organic Leeks – S  
Leeks 4 Earth Organics - K

Lettuce:

Josie's Organics Organic Romaine Hearts 6 pc - C  
Ocean Mist lettuce - S  
Organic green & red leaf lettuces - S  
TJ's Organic Romaine Hearts  
Deardorff Organics - Organic Romaine - MS  
Cal Organic - lettuces (green, red leaf, romaine) - K  
Siri & Son Farms Organic Green Leaf Lettuce, PLU# 94076, - K  
Earthbound Farms - Romaine Hearts (in the plastic bag) -MS, WF  
Earthbound Farms - Green Leafy - MS  
Country Fresh - Green Leaf Lettuce - K  
Country Fresh - Red Leaf Lettuce - K  
Organic Red Leaf/Green Leaf Lettuce w/ yellow twist-tie - MS  
organic green leaf lettuce and red leaf lettuce - NG  
Smallish Gems - Sweet Lettuce - TJ's  
Living Butter lettuce – TJ  
Green Leaf Lettuce, Cal Organic - TT

Onions:

Red Onions, PLU# 4082, NV, USA – WF  
365 Organic yellow onions 3 lb SKU 9948248133 – WF  
Yellow Onions Organic 3LB, 365 Everyday Value, SKU# 9948240584, CA, USA - WF  
Green Onion, PLU# 135, USA/Mexico – JG  
Organic Green Onion Mexican – K  
Organic Red Onions bulk -K  
Organic Green Onions grown in Ca – S

Cal Organic green onions chop off 3/4 of green stems due to mold – S and WF  
Vidalia org onions Real Sweet 2lb bag USA  
Onions, org. Peri & Sons Farm, 3 lb bag - WF  
Fresh Onions, Mayan Sweets Premium Sweet Onions, 3lb bag - S

Parsley:

Parsley Italian, Cal Organic - TT

Peas:

Cadia Organic Split Peas (dried) – HM  
Sweet green peas, org., 365 - WF

Potatoes: (dont' buy old/discolored ones)

Klamath Basin Organic Red Potatoes  
Cal-Organic potatoes - K, WM  
Earthbound Farms potatoes (and sweet potatoes) - MS  
Ladybug Brand Organic potatoes -MS  
Cinacia Organic Potatoes -MS, S  
non-organic loose, medium size (reddish, not brown/greyish) red potatoes - S  
Sweet Potatoes PLU# 4091 – MS, S  
Red Potatoes – MS  
Sweet Potato, Hannah, WF  
Sweet Potato, Jewel, PLU 4816 - WF  
Organic Hannah Sweet Potato grown in CA PLU 94824 – WF  
Yam Potato (carefully picked through) - S  
Yams - TT

Radish:

Non-organic daikon (white root vegetable) - K  
Small red organic radishes with yellow twist tie - K  
Cal Organic red radishes - S  
Loose radishes (not organic) - S

Spinach:

Earthbound Farm Organic Power Greens Baby Chard, Kale, Spinach Triple-Washed - C  
Organic Baby Spinach 10 oz - S  
TJ's - Organic Baby Spinach, but remove stems  
spinach - Earthbound Farms Baby Spinach - MS, WF  
spinach - O Organics Baby Spinach - TT  
(chop/tear the stems off before eating)  
Spinach, Popeye superfood, 40 oz, SC  
Spinach, baby, Taylor Farms Org., 1 lb, SC



### Squash:

Butternut Squash, PLU# 4759, USA – K, TJ  
Butternut Squash, org., [www.livorganicproduce.com](http://www.livorganicproduce.com), #94759 USA - WF  
Organic Butternut squash (grown in CA) – WF  
Organic Butternut Squash (w/ green, thin "organic" tape) - MS  
Earthbound Farms - Butternut Squash - MS  
Big Chuy (non-organic) butternut squash (just don't buy with a moldy stem)

Earthbound Farms - Acorn Squash - MS  
Acorn Squash, org., Hope organic Vegetables, #94751 Mex - WF  
Organic Table Queen Acorn Squash (grown in CA) – WF  
Acorn & Butter Squash PLU# 4750 - S  
Green Acorn Squash, PLU# 4750, USA – K, TJ  
Big Chuy (non-organic) acorn squash - MS

Big Chuy (non-organic) spaghetti squash  
Fresh Farms (not organic) - spaghetti squash - MS  
Spaghetti Squash, PLU# 4776, USA – K, TJ  
Spaghetti Squash, org., [www.livorganicproduce.com](http://www.livorganicproduce.com), #94776 USA - WF  
Organic Spaghetti squash (grown in CA) – WF  
Organic Spaghetti Squash (w/ green, thin "organic" tape) - MS

TJ's Delicata Squash, Product of USA, PLU 4763 - TJ  
Italian Squash Product of Mexico PLU# 4067 - S  
Perfect Organics - yellow squash - K  
Loose Yellow Straightneck Squash (not organic) - S  
Yellow Squash PLU# 4784 – S  
Organic Pie Pumpkin (grown in Mexico/CA) – WF  
Yellow Squash - S

### Tomatoes:

Organic on the vine from Mexico - NG (in Denton, at least)  
Cal Organic tomatoes (purple and white label) - MS  
Earthbound Farm Organic Hothouse Large Tomato - MS  
Organic Cluster Tomatoes product of Mexico PLU 94664 - S  
Organic Garden Classic loose single tomatoes - S  
Organic Sunset Tomatoes on the vine product of Mexico PLU# 94664 - S  
Cluster tomatoes, on-the-vine, S  
Village farms Tomatoes PLU 4664 -WF  
Good Farms Organic Whole Trade Roma Tomatoes – Mexico - 94087 - WF  
Tomato Wholesum org 94664 USA - S

### Yams:

Organic garnet yams - CM  
Country Fresh Organic - loose yams - K

Natural Beauty organic jewel yam - K

Loose yams (not organic) get the big reddish ones, not the darker ones - S

Zucchini:

Sunway Organic Veg. - Sunnyside Packing Co. Zucchini - K

Frozen veggies:

Cascadian Farms - Organic Frozen Veggies - make sure they're not from Mexico/China - HM, NG, WF

Tree of Life - Organic Frozen Veggies (make sure they're not from Mexico/China) - HM

Cadia Organics Organic Frozen Mixed Vegetables – S

Frozen Mixed Vegetables w/lima beans, S

Frozen Corn, Sprouts Org, S

Org.Green Beans, frozen – S

365 org cut green beans frozen 16 oz– WF

365 French style green beans frozen 16 oz– WF

365 Org Broccoli Florets frozen 16 oz package– WF

Picksweet Farms Seasoning Blend frozen 24oz package contains onions, celery, red peppers, green peppers, parsley flakes - WM