

# Gluten Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Sonoma Store, Northern California Region

Whole Foods Market is excited to bring you Celebrating Your Choices, a series of shopping lists and information for those on special diets. We believe that food should bring pleasure along with good health, and these guides are intended as a resource to help everyone experience as many healthy, natural food choices as possible. Check out our website for more information about gluten-free foods:

<http://www.wholefoodsmarket.com/specialdiets>

The information provided in this shoppers list is only a guide to help you identify products that may meet your dietary needs or preferences. It is not medical advice. We have included products on this list based only upon information provided by the manufacturer. In addition, while we are attempting to keep this information accurate and up to date, please be aware that ingredients in products may change from time to time. You should always read the actual product label before purchasing a product. Also note that there is no guarantee of the absence of cross-contamination in any product.

### Baby & Child Products

#### California Baby

- Bubble Bath, I Luv You
- Detangler Hair Spray
- Super Sensitive Baby Shampoo
- Super Sensitive Hair Conditioner

### Baked Goods

#### Kinnikinnick

- Chocolate Dipped Donuts
- Cinnamon Sugar Donuts
- Vanilla Glazed Donuts

#### Udi's

- GF Blueberry Muffins
- GF Double Chocolate Muffins

#### WFM Gluten Free Bakehouse

- Almond Scones
- Blueberry Muffins

### Baked Goods (Cont'd)

#### WFM Gluten Free Bakehouse

- Cherry Almond Streusel Muffins
- Chocolate Chip Cookies
- Chocolate Cupcakes
- Morning Glory Muffins
- Peanut Butter Cookies
- Pie Shells
- Prairie Bread

### Baking Needs

#### Arrowhead Mills

- Buckwheat Flour
- Gluten Free Vanilla Cake Mix

#### Bob's Red Mill

- Almond Flour
- Flaxseed Meal
- Gluten Free All Purpose Baking Flour
- Gluten Free Biscuit & Baking Mix

## Baking Needs (Cont'd)

### Bob's Red Mill

- Gluten Free Cornbread Mix
- Gluten Free Homemade Wonderful Bread Mix
- Gluten Free Pizza Crust Mix
- GlutenFree Rolled Oats
- Organic Brown Rice Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Tapioca Flour

### Cherrybrook Kitchen Gluten Free Dreams

- Pancake & Waffle Mix

### Ener-G

- Rice Bran

### Enjoy Life

- Semi-Sweet Chocolate Chips

### Gluten Free Pantry

- All-Purpose GF Baking Flour Mix
- Chocolate Chip Cookie & Cake Mix
- Chocolate Truffle Brownie Mix
- Decadent Chocolate Cake Mix
- Favorite Sandwich Bread Mix
- French Bread & Pizza Mix
- Muffins & Scone Mix
- Old Fashioned Cake & Cookie Mix
- Yankee Cornbread & Muffin Mix

### Hain

- Baking Powder

### King Arthur Flour

- Gluten Free Multi-Purpose Flour

### Let's Do... Organic

- Organic Coconut Flakes
- Organic Tapioca Granules

### Namaste

- Spice Cake Mix

### Pamela's Products

- Baking & Pancake Mix, 4 lb
- Chocolate Brownie Mix
- Chocolate Chunk Cookie Mix
- Cornbread & Muffin Mix
- Dark Chocolate Frosting Mix
- Gluten-Free Bread Mix

## Baking Needs (Cont'd)

### Spicely

- Organic Vanilla Extract

### WFM Gluten Free Bakehouse

- Pie Shells

## Bar Soap

### Kiss My Face

- Olive & Chamomile Bar Soap 4 oz

## Bath Salts/Sugars/Scrubs

### Hugo Naturals

- Grapefruit Himalayan Pink Salt Body Scrub
- Lavender & Vanilla Fizzy Bath Bomb

## Beverages

### Bard's Beer

- Bard's Gold, 6-Pack

### So Delicious

- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Kefir
- Strawberry Coconut Milk Kefir
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage

## Bread

### Against The Grain

- Baguettes, Original
- Baguettes, Rosemary

### Canyon Bakehouse

- 7-Grain Gluten Free Bread
- Gluten Free Hamburger Buns
- Mountain White Gluten Free Bread

### Food For Life

- Brown Rice Bread, Wheat & Gluten Free
- Millet Bread, Wheat & Gluten Free
- Raisin Pecan Bread, Wheat & Gluten Free
- Rice Almond Bread, Wheat & Gluten Free

## Bread (Cont'd)

### Glutino

- Bagels, Sesame Seed
- Bread Crumbs
- English Muffins
- Premium Cinnamon & Raisin Bread
- Premium Corn Bread
- Premium Fiber Bread
- Premium Flax Seed Bread
- Premium Pizza Crusts

### Kinnikinnick

- Personal Size Pizza Crusts
- Tapioca Rice Hamburger Buns
- Tapioca Rice NY Style Plain Bagels

### Udi's

- GF Cinnamon Raisin Bread
- GF Classic Hamburger Buns
- GF Pizza Crusts 9"
- GF Plain Bagels
- GF White Sandwich Bread
- GF Whole Grain Bagels
- GF Whole Grain Bread

### WFM Gluten Free Bakehouse

- Prairie Bread

## Candy and Chocolate

### Dagoba

- Beaucoup Berries
- Chai, 37%
- DARK 59% Semisweet
- ECLIPSE 87% Extra bittersweet
- LAVENDER 59% Lavender/ blueberries
- MILK 37% Pure Milk Chocolate - 2 oz
- ROSEBERRY 59% Raspberries/Rosehips

### Endangered Species Chocolate

- Bite Size Dark Chocolate with Deep Forest Mint
- Bite Size Smooth Milk Chocolate
- Bite Size Supreme Dark Chocolate
- Dark Chocolate with Blueberries - Sea Turtle
- Dark Chocolate with Cranberries & Almonds - Wolf

## Candy and Chocolate (Cont'd)

### Endangered Species Chocolate

- Dark Chocolate with Deep Forest Mint
- Dark Chocolate with Espresso Beans - Tiger
- Dark Chocolate with Hazelnut Toffee - Rhino
- Dark Chocolate with Raspberries - Grizzly Bear
- Milk Chocolate with Almonds - Crane
- Smooth Milk Chocolate - Sea Otter
- Supreme Dark Chocolate - Chimpanzee

### Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk w/ Crispy Rice Chocolate Bar
- Boom Choco Boom Dark Chocolate Bar

### Glee Gum

- Glee Peppermint Gum

### Let's Do... Organic

- Organic Classic Gummi Bears

### Scharffen Berger

- 62% SemiSweet Bars
- 41% Milk Bars
- 62% Nibby Bars
- 62% Semisweet Bars
- 70% Bittersweet bars
- Bittersweet Chocolate Bar, 70% Cacao
- Dark Mocha Chocolate Bar, 62% Cacao
- Semisweet Tasting Square Bars 62%

## Canned Goods

### Native Forest

- Organic Baby Corn
- Organic Hearts of Palm
- Organic Pineapple Chunks

## Canned/Jarred Goods

### Amy's Kitchen

- Black Bean Chili
- Light in Sodium - Medium Chili
- Light in Sodium - Refried Black Beans
- Light in Sodium - Spicy Chili

## Canned/Jarred Goods (Cont'd)

### Amy's Kitchen

- Medium Chili
- Medium Chili with Vegetables
- Refried Beans with Green Chiles
- Southwestern Black Bean Chili
- Spicy Chili
- Thai Coconut Soup (Tom Kha Phak)
- Traditional Refried Bean

## Cereal

### Ancient Harvest

- Organic Quinoa Flakes 12 oz

### Arrowhead Mills

- Organic Rice & Shine Hot Cereal

### Bob's Red Mill

- Gluten Free Mighty Tasty Hot Cereal
- GlutenFree Rolled Oats

### Enjoy Life

- Crunchy Flax Cereal
- Crunchy Rice Cereal

### EnviroKidz

- Amazon Frosted Flakes Organic Cereal
- Gorilla Munch Organic Cereal
- Koala Crisp Organic Cereal
- Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal
- Peanut Butter Panda Puffs Organic Cereal

### Erewhon

- Crispy Brown Rice - Gluten Free

### Nature's Path

- Organic Fruit Juice Sweetened Corn Flakes
- Organic Fruit Juice Sweetened Corn Flakes, 26.4 oz
- Organic Honey'd Cornflakes
- Organic Mesa Sunrise Cereal
- Organic Mesa Sunrise Cereal, 26.4 oz
- Organic Whole O's Cereal

### Udi's

- GF Au Naturel Granola
- GF Cranberry Granola
- GF Original Granola

## Cereal (Cont'd)

### Udi's

- GF Vanilla Granola

## Cheese

### Follow Your Heart

- Vegan Gourmet Cheddar
- Vegan Gourmet Cream Cheese
- Vegan Gourmet Monterey Jack
- Vegan Gourmet Sour Cream

## Chips/Pretzels/Snacks

### Blue Diamond

- Almond Nut Thins
- Barbeque Nut Thins
- Cheddar Cheese Nut Thins
- Country Ranch Nut Thins
- Hazelnut Nut Thins
- Hint of Sea Salt Nut Thins
- Nacho Nut Chips
- Pecan Nut Thins
- Sea Salt Nut Chips
- Smokehouse Nut Thins
- Sour Cream & Chive Nut Chips

### Food Should Taste Good

- Blue Corn Tortilla Chips
- Sweet Potato Tortilla Chips
- The Works! Tortilla Chips
- White Cheddar Tortilla Chips

### Food Should Taste Good

- Jalapeno Tortilla Chips
- Multigrain Tortilla Chips
- Olive Tortilla Chips

### Glutino

- Pretzel Sticks, Family Bag
- Pretzels, Family Bag
- Pretzels, Sticks
- Table Cracker

### Hain Pure Food

- Mini Munch Rice Snacks, Lightly Salted

## **Chips/Pretzels/Snacks (Cont'd)**

### **Kettle Brand**

Baked Potato Chips, Aged White Cheddar 4 oz  
Baked Potato Chips, Hickory Honey BBQ 4 oz  
Baked Potato Chips, Lightly Salted 4 oz  
Baked Potato Chips, Salt & Fresh Ground Pepper 4 oz  
Baked Potato Chips, Sea Salt & Vinegar 4 oz  
Krinkle Cut Potato Chips, Buffalo Bleu 5 oz  
Krinkle Cut Potato Chips, Classic BBQ 14 oz  
Krinkle Cut Potato Chips, Lightly Salted 14 oz  
Krinkle Cut Potato Chips, Salt & Fresh Ground Pepper 14 oz  
Krinkle Cut Potato Chips, Salt & Fresh Ground Pepper 2 oz  
Krinkle Cut Potato Chips, Salt & Fresh Ground Pepper 5 oz  
Potato Chips, Backyard Barbeque 5 oz  
Potato Chips, Honey Dijon 2 oz  
Potato Chips, Honey Dijon 5 oz  
Potato Chips, Jalapeno 2 oz  
Potato Chips, Jalapeno 5 oz  
Potato Chips, Lightly Salted 2 oz  
Potato Chips, Lightly Salted 5 oz  
Potato Chips, Lightly Salted 9 oz  
Potato Chips, New York Cheddar w/ Herbs 2 oz  
Potato Chips, New York Cheddar w/ Herbs 5 oz  
Potato Chips, Organic Chipotle Chili BBQ 5 oz  
Potato Chips, Organic Lightly Salted 5 oz  
Potato Chips, Organic Sea Salt & Black Pepper 5 oz  
Potato Chips, Sea Salt & Vinegar 2 oz  
Potato Chips, Sea Salt & Vinegar 5 oz  
Potato Chips, Sea Salt & Vinegar 9 oz  
Potato Chips, Sour Cream, Onion & Chive 5 oz  
Potato Chips, Sweet Onion 5 oz  
Potato Chips, Unsalted 5 oz

## **Chips/Pretzels/Snacks (Cont'd)**

### **Late July**

Late July Dude Ranch Multigrain  
Late July Mild Green Mojo  
Late July Multigrain Sea Salt  
Late July Summertime Blues  
Late July Sweet Potato

### **Lundberg Family Farms**

Brown Rice Cakes  
Honey Nut Rice Cakes  
Organic Brown Rice Cakes  
Organic Koku Seaweed Rice Cakes  
Organic Sea Salt Rice Chips  
Organic Sesame Tamari Rice Cakes  
Organic Tamari Seaweed Rice Cakes  
Organic Unsalted Brown Rice Cakes  
Organic Wild Rice Cakes  
Pico de Gallo Rice Chips  
Sante Fe BBQ Rice Chips  
Sesame Seaweed Rice Chips

### **Pirate Brands**

Pirate's Booty Aged White Cheddar  
Pirate's Booty Chocolate

### **Real Foods**

BBQ Flavoured Corn Thins

## **Condiments**

### **Follow Your Heart**

Low Fat Ranch Dressing  
Organic Balsamic Vinaigrette Dressing  
Organic Chipotle Lime Ranch Dressing  
Organic Chunky Bleu Cheese Dressing  
Organic Creamy Caesar Dressing  
Organic Creamy Miso Ginger Dressing  
Organic Creamy Ranch Dressing  
Organic Vegenaïse  
Spicy Southwest Ranch Dressing  
Vegenaïse, High Omega-3 w/ Expeller-Pressed Canola Oil

### **Organicville**

Non-Dairy Mayo  
Organic Chili Sauce  
Organic Ketchup

## Condiments (Cont'd)

### Organicville

- Organic Original BBQ Sauce
- Organic Stone Ground Mustard
- Organic Tangy BBQ Sauce
- Organic Yellow Mustard

### San-J

- Szechuan Hot & Spicy Marinade/Stir Fry Sauce
- Gluten Free
- Teriyaki Sauce

## Cookies and Snack Bars

### Bakery On Main

- Extreme Trail Mix Granola Bars
- Peanut Butter Chocolate Chip Granola Bars

### Enjoy Life

- Caramel Apple Snack Bars
- Cocoa Loco Snack Bars
- Very Berry Snack Bars

### EnviroKidz

- Cheetah Organic Crispy Rice Bars, Berry
- Koala Organic Crispy Rice Bars, Chocolate
- Lemur Organic Crispy Rice Bars, Peanut Choco Drizzle
- Panda Organic Crispy Rice Bars, Peanut Butter

### Glutino

- Breakfast Bars, Apple
- Chocolate Coated Chocolate Wafers
- Chocolate Vanilla Crème Sandwich Dream Cookies
- Lemon Wafers
- Organic Bar, Chocolate & Peanut Butter

### Hail Merry

- Blonde Macaroons
- Choco Macaroons

### Immaculate Baking Company

- Gluten Free Chocolate Chunk Cookie Dough

### Jennie's

- Coconut Macaroons

## Cookies and Snack Bars (Cont'd)

### Jovial Foods

- Gluten Free Cookies - Chocolate Cream
- Gluten Free Cookies - Fig Fruit

### Kinnikinnick

- KinniKritters Chocolate Animal Cookies
- KinniKritters Graham Style Animal Cookies
- KinniTOOS Chocolate Sandwich Creme Cookies
- Montana's Chocolate Chip Cookies
- S'moreables Graham Style Crackers

### Mary's Gone Crackers love Cookies

- Double Chocolate love Cookies

### Mi-Del

- Arrowroot Animal Cookies
- Ginger Snaps

### Pamela's Products

- Butter Shortbread Cookies
- Chocolate Chip Walnut Cookies
- Chunky Chocolate Chip Cookies
- Ginger Cookies with Sliced Almonds
- Lemon Shortbread Cookies
- Old Fashioned Raisin Walnut Cookies
- Organic Dark Chocolate Chunk Cookies
- Organic Peanut Butter Chocolate Chip Cookies
- Organic Spicy Ginger Cookies
- Pecan Shortbread Cookies
- Simplebites Chocolate Chip Mini Cookies
- Simplebites Ginger Mini Snapz

### Udi's

- GF Chocolate Chip Cookies

### WFM Gluten Free Bakehouse

- Chocolate Chip Cookies
- Peanut Butter Cookies

## Crackers

### Crunchmaster

- Multi-Seed Crackers, Toasted Onion

### Doctor In The Kitchen

- Dill - Flackers Flaxseed Crackers
- Rosemary Flackers Flaxseed Crackers
- Savory - Flackers Flaxseed Crackers

## Crackers (Cont'd)

### Edward & Sons

- Brown Rice Snaps, Onion Garlic
- Brown Rice Snaps, Tamari Seaweed
- Brown Rice Snaps, Tamari Sesame
- Brown Rice Snaps, Unsalted Sesame
- Organic Brown Rice Snaps, Black Sesame
- Organic Brown Rice Snaps, Unsalted Plain
- Organic Brown Rice Snaps, Vegetable

### Glutino

- Crackers, Cheddar
- Crackers, Multigrain
- Crackers, Original

### Mary's Gone Crackers

- Crackers, Black Pepper
- Crackers, Caraway
- Crackers, Herb
- Crackers, Onion
- Crackers, Original

## Dairy

### Brown Cow Yogurt

- CT Apricot-Mango FOB
- CT Blueberry FOB
- CT Chocolate
- CT Coffee
- CT Maple
- CT Peach FOB
- CT Plain
- CT Raspberry FOB
- CT Strawberry FOB
- CT Vanilla
- LF Black Cherry FOB
- LF Blueberry FOB
- LF Boysenberry FOB
- LF Lemon Twist FOB
- LF Peach
- LF Strawberry FOB
- LF Vanilla Bean FOB
- NF Plain
- NF Vanilla
- Plain Whole Milk Yogurt, 6 oz

## Dairy (Cont'd)

### Chobani Greek Yogurt

- 0 % Strawberry Strained Yogurt
- 0% Black Cherry Strained Yogurt
- 0% Blueberry Strained Yogurt
- 0% Lemon Strained Yogurt
- 0% Peach Strained Yogurt
- 0% Plain Strained Yogurt
- 0% Pomegranate Strained Yogurt
- 0% Vanilla Strained Yogurt
- 2% Honeyana Kids Strained Yogurt
- 2% Mango Strained Yogurt
- 2% Plain Strained Yogurt
- 2% Verryberry Kids Strained Yogurt

### Earth Balance

- Buttery Spread with Olive Oil
- Buttery Sticks
- Organic Whipped Buttery Spread
- Original Buttery Spread
- Soy Free Buttery Spread

### Fage Total

- Total 0% 17.6oz (500g)
- Total 0% 35.3 oz (1kg)
- Total 0% 6oz (170g)
- Total 0% Blueberry Acai 5.3oz (150g)
- Total 0% Cherry Pomegranate 5.3oz (150g)
- Total 0% Honey 5.3oz (150g)
- Total 0% Mango Guanabana 5.3oz (150g)
- Total 0% Strawberry Goji 5.3oz (150g)
- Total 10% 17.6oz (500g)
- Total 10% 35.3oz (1kg)
- Total 10% 7oz (200g)
- Total 2% 17.6oz (500g)
- Total 2% 7oz (200g)
- Total 2% Blueberry 5.3oz (150g)
- Total 2% Cherry 5.3oz (150g)
- Total 2% Honey 5.3oz (150g)
- Total 2% Peach 5.3oz (150g)
- Total 2% Strawberry 5.3oz (150g)
- Total Blueberry 5.3oz (150g)
- Total Honey 5.3oz (150g)
- Total Peach 5.3oz (150g)

## Dairy (Cont'd)

### Helios Nutrition

Organic Plain Kefir  
Organic Reduced Fat Strawberry Kefir  
Organic Vanilla Kefir

### Lifeway Foods

Bio Kefir Pomegranate Blueberry  
Fat Free Strawberry Kefir  
Green Kefir Kiwi PassionFruit  
LF Plain Kefir 4 pk  
Lowfat Plain Kefir  
Lowfat Pomegranate Kefir  
Organic Lowfat Blueberry Kefir  
Organic Lowfat Peach Kefir  
Organic Lowfat Pomegranate Acai Kefir  
Organic Lowfat Raspberry Kefir  
Organic Lowfat Strawberry Kefir

### Stonyfield Organic Yogurt

Oikos: 0% Fat Blueberry FOB  
Oikos: 0% Fat Honey FOB  
Oikos: 0% Fat Plain  
Oikos: 0% Fat Super Fruits FOB  
Oikos: 0% Fat Vanilla  
Oikos: 0% Fat Vanilla 4oz  
Strawberry Banana Super Smoothies 6oz  
Strawberry Super Smoothie  
Vanilla Super Smoothie  
Wild Berry Super Smoothie  
YoBaby Banana  
YoBaby Blueberry  
YoBaby Peach  
YoBaby Simple Plain  
YoBaby Vanilla  
YoKids Squeezers Cherry/Berry  
YoKids Squeezers Strawberry  
YoKids: Blueberry Straw/Van  
YoKids: Strawberry Ban/Straw

## Dairy Alternatives

### BLUE DIAMOND

ALMOND BREEZE CHOCOLATE  
ALMOND BREEZE ORIGINAL  
ALMOND BREEZE UNSWEETENED  
CHOCOLATE  
ALMOND BREEZE UNSWEETENED ORIGINAL

## Dairy Alternatives (Cont'd)

### BLUE DIAMOND

ALMOND BREEZE UNSWEETENED VANILLA  
ALMOND BREEZE VANILLA

### Blue Diamond

Almond Breeze, Original  
Almond Breeze, Unsweetened Vanilla  
Almond Breeze, Vanilla

### Daiya Foods

Cheddar Style Shreds  
Mozzarella Style Shreds  
Pepperjack Style Shreds

### Follow Your Heart

Vegan Gourmet Cheddar  
Vegan Gourmet Cream Cheese  
Vegan Gourmet Monterey Jack  
Vegan Gourmet Sour Cream

### So Delicious

Blueberry Cultured Coconut Milk Yogurt  
Chocolate Cultured Coconut Milk Yogurt  
French Vanilla Coconut Milk Creamer  
Hazelnut Coconut Milk Creamer  
Mocha Almond Fudge Non-Dairy Frozen Coconut  
Milk Dessert  
Original (Plain) Coconut Milk Beverage  
Original (Plain) Coconut Milk Creamer  
Original (Plain) Coconut Milk Kefir  
Strawberry Coconut Milk Kefir  
Unsweetened Coconut Milk Beverage  
Vanilla Bean Non-Dairy Frozen Coconut Milk  
Dessert  
Vanilla Coconut Milk Beverage  
Vanilla Cultured Coconut Milk Yogurt

### WestSoy

Plus Soy Beverage, Plain 64 oz

### truwhip

All Natural Frozen Whip Topping

## Deli Style Meats and Cheeses

### Applegate Farms

Salametti  
Sliced Authentic Prosciutto

## Deli Style Meats and Cheeses (Cont'd)

### Applegate Farms

- Sliced Genoa Salami
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Roast Beef
- Sliced Organic Smoked Chicken
- Sliced Organic Uncured Ham
- Sliced Pancetta
- Sliced Soppressata

## Dental Care Products

### Tom's of Maine

- Spearmint Flat Floss
- Unflavored Round Floss

## Deodorant

### Kiss My Face

- Liquid Rock Patchouli Deodorant 3 oz

## Desserts

### Earth Cafe

- Gluten Free (Wheat-free), Dairy-free (Vegan), Living(Raw) Cheesecake - Car

### Glutino

- Chocolate Glazed Donuts
- Original Glazed Donuts

### Hail Merry

- Chocolate Almond Butter Tart
- Chocolate Mint Tart
- Chocolate Tart
- Persian Lime Tart

### Organicville

- Organic Mint Chocolate Chip Ice Cream

### Purely Decadent

- Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert

### So Delicious

- Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert

## Desserts (Cont'd)

### So Delicious

- Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

### WFM Gluten Free Bakehouse

- Chocolate Cupcakes

### truwhip

- All Natural Frozen Whip Topping

## Energy and Nutrition Bars/Drinks

### Attune Probiotic Bars

- Chocolate Crisp Bar - individual

### Bumble Bar

- Chocolate Crisp
- Original with Almond
- Original with Peanut

### Function Drinks

- 98886-00100

### Zing Bars

- Chocolate Coconut
- Chocolate Peanut Butter

## Entrees and Mixes

### Cherrybrook Kitchen Gluten Free Dreams

- Pancake & Waffle Mix

### Ener-G

- Rice Bran

### Lundberg Family Farms

- Butternut Squash Risotto
- Organic Porcini Wild Mushroom Risotto

### Namaste

- Spice Cake Mix

### Pamela's Products

- Dark Chocolate Frosting Mix

### Tasty Bite

- Bombay Potatoes
- Jaipur Vegetables
- Jodhpur Lentils
- Kashmir Spinach
- Madras Lentils
- Punjab Eggplant

## Entrees and Mixes (Cont'd)

### Tasty Bite

Spinach Dal

### The Pure Pantry

Gluten Free Chocolate Chip Cookie Mix

Gluten Free Dark Chocolate Cake Mix

Gluten Free Organic Buckwheat Flax Pancake Mix

## Ethnic Foods

### Annie Chun's

Pad Thai Rice Noodles

### Edward & Sons

Brown Rice Snaps, Tamari Seaweed

Brown Rice Snaps, Tamari Sesame

Miso-Cup, Organic Reduced Sodium

### Food Merchants

Organic Polenta, Traditional

### Spicely

Chimichurri Seasoning

Harissa, Salt Free

Organic Chinese Five Spice

Organic Curry, Thai Herb Blend

Organic Garam Masala

Ras El Hanout, Salt Free

### Tasty Bite

Bombay Potatoes

Jaipur Vegetables

Jodhpur Lentils

Kashmir Spinach

Madras Lentils

Punjab Eggplant

Spinach Dal

### World Foods

Thai Green Curry Paste

Thai Red Curry Paste

Thai Red Curry Ready To Pour Sauce

Thai Yellow Curry Ready to Pour Sauce

## Facial Care Products

### MyChelle

The Perfect C Serum

## Fragrances & Perfumes

### Hugo Naturals

Vanilla & Sweet Orange Essential Mist

## Frozen Foods

### Against The Grain

Pizza, Pesto

### Amy's Kitchen

Baked Ziti Bowl

Black Bean Enchilada Whole Meal

Black Bean Vegetable Enchilada

Brown Rice, Black-Eyed Peas & Veggies Bowl

Cheese Enchilada

Cheese Enchilada Whole Meal

Cheese Tamale Verde

Enchilada Verde Whole Meal

Garden Vegetable Lasagna

Gluten Free Bean & Cheese Burrito

Gluten Free Bean & Rice Burrito (Dairy Free)

Gluten Free Sandwich Rounds

Indian Mattar Tofu

Indian Paneer Tikka

Indian Vegetable Korma

Light & Lean Black Bean & Cheese Enchilada

Light & Lean Soft Taco Fiesta Bowl

Light in Sodium - Black Bean Vegetable Enchilada

Light in Sodium - Brown Rice & Vegetables Bowl

Light in Sodium - Mexican Casserole Bowl

Mexican Casserole Bowl

Mexican Tamale Pie

Mexican Tofu Scramble

Non-Dairy Rice Macaroni & Cheeze

Rice Crust Cheese Pizza

Rice Crust Spinach Pizza

Rice Mac & Cheese

Roasted Vegetable Tamale

Single Serve Non-Dairy Rice Crust Cheeze Pizza

## Frozen Foods (Cont'd)

### Amy's Kitchen

Single Serve Rice Crust Roasted Vegetable Pizza  
Sonoma Veggie Burger  
Teriyaki Bowl  
Tofu Scramble  
Tortilla Casserole & Black Beans Bowl

### Caesar's

Manicotti, Gluten-Free Wheat-Free

### EVOL Foods

Bean & Cheese Enchilada Bowl  
Chicken Enchilada Bowl  
Fire Grilled Steak Bowl  
Teriyaki Chicken Bowl

### French Meadow Bakery

Gluten Free Chocolate Chip Cookie Dough

### Glutino

Duo Cheese Pizza Multipack  
Pizza, Spinach Feta

### Ian's Natural Foods

Alpha Tots  
Ian's Chicken Nuggets, Allergen Free  
Ian's Fish Sticks, Allergen Free

### Julian's Recipe

Gluten Free Pancakes - Wild Blueberry

### Julie's Organic Ice Cream

Glutenfreea's Organic Gluten Free Vanilla Ice Cream Sandwich

### Kettle Cuisine

Angus Beef Steak Chili with Beans  
Chicken Soup with Rice Noodles  
New England Clam Chowder

### Kinnikinnick

Chocolate Dipped Donuts  
Cinnamon Sugar Donuts  
Tapioca Rice Hamburger Buns  
Tapioca Rice NY Style Plain Bagels  
Vanilla Glazed Donuts

### Lifeway Foods

Frozen Mango Kefir

## Frozen Foods (Cont'd)

### Nature's Path

Organic Buckwheat Wildberry Waffles  
Organic Homestyle Waffles

### Organic So Delicious

Creamy Vanilla Non-Dairy Frozen Dessert

### Organicville

Organic Mint Chocolate Chip Ice Cream

### Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert  
Mint Chip Non-Dairy Frozen Coconut Milk Dessert  
Mint Chocolate Chip Non-Dairy Frozen Dessert  
Mocha Almond Fudge Non-Dairy Frozen Dessert  
Peanut Butter Zig Zag Non-Dairy Frozen Dessert

### Saffron Road

Chicken Biryani  
Chicken Tikka Masala with Basmati Rice  
Lamb Koftis  
Lamb Vindaloo with Basmati Rice  
Lemongrass Basil Chicken

### So Delicious

Coconut Almond Bar, Made with Coconut Milk  
Mocha Almond Fudge Non-Dairy Frozen Coconut Milk Dessert  
Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

### Van's

Wheat Free Blueberry Waffles  
Wheat Free Buckwheat Waffles  
Wheat Free Flax Waffles  
Wheat Free Homestyle Waffles  
Wheat Free Mini Homestyle Waffles

## Grains and Rice

### Ancient Harvest

Traditional Organic Quinoa 12 oz

## Grains and Rice (Cont'd)

### Lundberg Family Farms

- Butternut Squash Risotto
- Eco-Farmed California White Arborio Rice
- Eco-Farmed Countrywild Gourmet Blend Rice
- Eco-Farmed Wild Blend Gourmet Blend Rice
- Organic California Brown Jasmine Rice, 25 lb
- Organic California White Basmati Rice
- Organic Golden Rose Medium Grain Brown Rice
- Organic Long Grain Brown Rice
- Organic Porcini Wild Mushroom Risotto
- Organic Short Grain Brown Rice
- Organic White Long Grain Rice

### Tasty Bite

- Jasmine Rice

## Hair Care Products

### 365 Every Day Value™

- Conditioner Herbal Mint
- Conditioner Lavender Blend
- Shampoo for Dry and Normal Herbal Mint
- Shampoo for Dry and Normal Lavender Blend
- Shampoo for Normal and Oily Herbal Mint
- Shampoo for Normal and Oily Lavender Blend

### Hugo Naturals

- Volumizing Conditioner (Vanilla & Sweet Orange)
- Volumizing Shampoo (Vanilla & Sweet Orange)

## Hand & Body Lotions

### 365 Every Day Value™

- Body Lotion Fragrance Free
- Body Lotion Lavender Blend

## Hand & Body Washes

### 365 Every Day Value™

- Shower Gel Fragrance Free
- Shower Gel Herbal Mint
- Shower Gel Lavender Blend

## Hand & Body Washes (Cont'd)

### Hugo Naturals

- Shea Butter & Chamomile Shampoo & Baby Wash
- Vanilla & Sweet Orange Shower Gel

### Kiss My Face

- Olive & Aloe Liquid Moisture Soap 9 oz
- GermesAside Liquid Moisture Soap 9 oz
- Orange BlossomLiquid Moisture Soap oz

## Jams and Nut Butters

### Barney Butter

- Barney Butter Smooth - 0.6 oz/24 pk

### Justin's

- Chocolate Almond Butter 1.15 oz Squeeze Packs
- Chocolate Almond Butter Jars
- Chocolate Hazelnut Jars
- Classic Almond Butter 1.15 oz Squeeze Packs
- Classic Almond Butter Jars
- Dark Chocolate Peanut Butter Cups
- Honey Almond Butter 1.15 oz Squeeze Packs
- Honey Almond Butter Jars
- Maple Almond Butter 1.15 oz Squeeze Packs
- Maple Almond Butter Jars
- Milk Chocolate Peanut Butter Cups

## Lip Balms

### Badger

- Coffee Roast Lip Balm Stick
- Creamy Cocoa Lip Balm Stick

### Hugo Naturals

- Vanilla & Sweet Orange Lip Balm

## Meat and Poultry

### Applegate Farms

- Greatest Little Organic Smokey Cocktail Frank
- Organic Beef Hot Dogs
- Organic Chicken & Apple Sausage
- Organic Fire Roasted Red Pepper Sausage

## Meat and Poultry (Cont'd)

### Applegate Farms

Organic Hot Dogs

## Nutritional Supplements

### Amazing Grass

Amazing Meal Original

Amazing Meal Pomegranate Mango

### BioChem

100% Whey Protein Natural Flavor

100% Whey Protein Vanilla 1.9lb

100% Whey Protein Vanilla 13.9oz

### Can Do Kid

Can Do Kid Chocolate Crunch Nutrition Bars

Can Do Kid Cookies & Cream Nutrition Bars

### Country Life

Cal-Snack Milk-Free Chewables, 60 ct

DMAE 350mg Capsules, 50 ct

Niacin 500mg 90ct

R-Lipoic Acid

Super Potency Biotin 5mg 60ct

Superior B-12, 50 ct

Target-Mins Calcium-Magnesium-Zinc Tablets, 180 ct

Target-Mins Calcium-Magnesium-Zinc Tablets, 90 ct

Vitamin D 400 IU 100ct Softgels

### Nature's Way Alive!

Alive!® / 90 Tb

### Nature's Way Primadophilus

Primadophilus® Reuteri / 30 Vcaps®

### Nature's Way Sambucus

Sambucus Syrup / 4 oz

Sambucus Syrup / 8 oz

### Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz

Umcka ColdCare® Cherry Syrup / 4 oz

Umcka ColdCare® Menthol Syrup / 4 oz

Umcka ColdCare® Mint-Menthol Chewable / 20 Chw

## Nutritional Supplements (Cont'd)

### Rainbow Light

ACTIVE SENIOR MULTIVITAMIN 30

ACTIVE SENIOR MULTIVITAMIN 90

CHEWABLE CALCIUM CITRATE MULTI-MINS 45

EVERYDAY CALCIUM WITH ENZYMES 120

EVERYDAY FIBER SYSTEM VCAPS 180

FOOD-BASED CALCIUM 90

GUMMY VITAMIN C SLICES 30

PROTEIN ENERGIZER CHOCOLATE

PROTEIN ENERGIZER VANILLA

SUPER C 1000 60

SUPER C POWDER 4 OZ

VITAMIN D 400 IU GUMMIES 60

### VEGA

Natural Small

## Nuts/Seeds/Dried Fruits

### Spicely

Organic Sesame Seeds, White

Sesame Seed, Black

## Pasta

### Jovial Foods

Brown Rice Capellini

Brown Rice Casarecce

Brown Rice Fusilli

Brown Rice Penne Rigate

## Pasta Sauce

### Organicville

Organic Italian Herb Pasta Sauce

Organic Marinara Pasta Sauce

Organic Mushroom Pasta Sauce

Organic Tomato Basil Pasta Sauce

## Personal Care

### Kiss My Face

Whitening Toothpaste 3.4 oz

### Natracare

Breathable Panty Liners - 30 CT

Curved Panty Liners - 30 CT

## Personal Care (Cont'd)

### Natracare

Dry & Light Incontinence Pads - 20 CT  
ORGANIC Regular Applicator Tampons - 16 CT  
ORGANIC Regular Non-Applicator Tampons - 20 CT  
ORGANIC Super Applicator Tampons - 16 CT  
ORGANIC Super Non-Applicator Tampons - 20 CT  
Super Pads - 12 CT  
Ultra w/ Wings - Regular Pad - 14 CT

### Tom's of Maine

Apricot Long Lasting Stick Deodorant  
Lavender Long Lasting Stick Deodorant  
Lemongrass Long Lasting Stick Deodorant  
Peppermint Antiplaque Tartar Control Plus  
Whitening Toothpaste  
Unscented Long Lasting Stick Deodorant  
Unscented Stick Deodorant

## Prepared Foods

### Food Merchants

Organic Polenta, Traditional

## Sauces/Salsas/Dips

### Amy's Kitchen

Mild Salsa  
Tomato Basil Pasta Sauce

### Organicville

Organic Pizza Sauce  
Organic Tangy BBQ Sauce

### Simply Organic

Alfredo Sauce Mix, Cert. Org.  
Creamy Dill Dip Mix, Cert. Org.  
French Onion Dip Mix, Cert. Org.  
Roasted Turkey Gravy Mix Cert. Org.

### World Foods

Thai Red Curry Ready To Pour Sauce  
Thai Yellow Curry Ready to Pour Sauce

## Soups

### Amy's Kitchen

Chunky Tomato Bisque  
Chunky Vegetable Soup  
Cream of Tomato Soup  
Fire Roasted Southwestern Vegetable Soup  
Golden Lentil Soup  
Hearty French Country Vegetable Soup  
Hearty Rustic Italian Vegetable Soup  
Hearty Spanish Rice & Red Bean Soup  
Lentil Soup  
Lentil Vegetable Soup  
Light in Sodium - Chunky Tomato Bisque  
Light in Sodium - Cream of Tomato Soup  
Light in Sodium - Lentil Soup  
Light in Sodium - Lentil Vegetable Soup  
Light in Sodium - Split Pea Soup  
Split Pea Soup  
Tuscan Bean & Rice Soup

### Dr. McDougall's Right Foods

RTS Black Bean Soup  
RTS Chunky Tomato Soup  
RTS Lentil Soup  
RTS Light Sodium Garden Vegetable Soup  
RTS Light Sodium Lentil Soup  
RTS Split Pea Soup

### Edward & Sons

Miso-Cup, Organic Reduced Sodium

### Kettle Cuisine

Angus Beef Steak Chili with Beans  
Chicken Soup with Rice Noodles  
New England Clam Chowder

### Star Anise Foods

Happy Pho - Garlic Goodness  
Happy Pho - Shiitake Mushroom

## Spices and Seasonings

### Simply Organic

Fish Taco Seasoning, Cert. Org.  
Southwest Taco Seasoning, Cert. Org.

### Spicely

Basil  
Black Caraway Seed (Nigella Seed)  
Cayenne Pepper

## Spices and Seasonings (Cont'd)

### Spicely

- Chili Pepper, Crushed
- Chimichurri Seasoning
- Cinnamon, Ground
- Cumin, Ground
- Fenugreek, Ground
- Garlic, Toasted
- Harissa, Salt Free
- Lemon Peel
- Lemon Pepper
- Orange Peel
- Oregano, Mexican
- Organic Cajun Seasoning
- Organic Caraway Seeds
- Organic Cardamom, Ground
- Organic Cayenne Pepper
- Organic Celery Seed
- Organic Chili Pepper, Crushed
- Organic Chili Powder, Salt Free
- Organic Chinese Five Spice
- Organic Coriander Seeds
- Organic Coriander, Ground
- Organic Curry Powder
- Organic Curry, Thai Herb Blend
- Organic Dill Weed
- Organic Fennel Seeds
- Organic Garam Masala
- Organic Garlic Granulates
- Organic Juniper Berries
- Organic Mustard Seeds, Brown
- Organic Mustard Seeds, Yellow
- Organic Onion Granulates
- Organic Oregano, Mediterranean
- Organic Paprika
- Organic Pepper, White, Ground
- Organic Peppercorns, Black
- Organic Poppy Seed
- Organic Saffron
- Organic Sage, Ground
- Organic Sesame Seeds, White
- Organic Tarragon
- Organic Thyme
- Organic Turmeric
- Organic Vanilla Bean

## Spices and Seasonings (Cont'd)

### Spicely

- Organic Vanilla Extract
- Paprika
- Paprika, Smoked
- Poppy Seed
- Ras El Hanout, Salt Free
- Sesame Seed, Black
- Sichuan (Szechuan) Peppercorn
- Tumeric
- Vegetable Seasoning, Salt Free

### World Foods

- Thai Green Curry Paste
- Thai Red Curry Paste

### Sweeteners

#### Lundberg Family Farms

- Brown Rice Syrup
- Organic Brown Rice Syrup