

# Gluten Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Laurelhurst Store, Pacific Northwest 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

- Body Wash & Shampoo - Large
- Calendula Diaper Cream
- Detangler Hair Spray

### Baked Goods

#### Udi's

- GF Blueberry Muffins

#### WFM Gluten Free Bakehouse

- Pie Shells
- Prairie Bread
- Sundried Tomato & Garlic Bread
- Vanilla Cupcakes

### Baking Needs

#### Arrowhead Mills

- Blue Corn Meal
- Yellow Corn Meal

#### Bob's Red Mill

- Active Dry Yeast
- Almond Flour
- Arrowroot Starch Flour
- Cornstarch
- Flaxseed Meal
- Flaxseeds
- Garbanzo Bean Flour
- Gluten Free All Purpose Baking Flour
- Gluten Free Brownie Mix
- Gluten Free Cornbread Mix
- Gluten Free Pancake Mix
- GlutenFree Rolled Oats
- Guar Gum
- Organic Brown Rice Flour
- Organic Coconut Flour
- Organic Golden Flaxseed Meal

## **Baking Needs (Cont'd)**

### **Bob's Red Mill**

Organic Quinoa Flour  
Potato Flour  
Potato Starch  
Teff Flour  
Xanthan Gum

### **Ener-G**

Egg Replacement

### **Enjoy Life**

Semi-Sweet Chocolate Chips

### **Gluten Free Pantry**

Yankee Cornbread & Muffin Mix

### **King Arthur Flour**

Gluten Free Multi-Purpose Flour  
Gluten Free Pizza Crust Mix

### **Let's Do... Organic**

Organic Cornstarch  
Organic Creamed Coconut  
Organic Tapioca Starch

### **Namaste**

Blondie Mix  
Brownie Mix  
Waffle & Pancake Mix

### **Pamela's Products**

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

### **Simply Organic**

Banana Bread Mix, Cert. Org.  
Carrot Cake Mix, Cert. Org.

### **WFM Gluten Free Bakehouse**

Pie Shells

## **Bar Soap**

### **Kiss My Face**

Pure Olive Oil Bar Soap 4 oz

## **Beverages**

### **Bard's Beer**

Bard's Gold, 6-Pack

### **Estrella Damm**

Estrella Damm Daura

### **Lakefront Brewery**

New Grist Sorghum Brewed Beer

### **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**

### **Food For Life**

Brown Rice Bread, Wheat & Gluten Free  
Millet Bread, Wheat & Gluten Free  
Raisin Pecan Bread, Wheat & Gluten Free  
Rice Pecan Bread, Wheat & Gluten Free  
Whole Grain Brown Rice Tortillas, Wheat & Gluten Free

### **Glutino**

Bagels, Plain  
Bread Crumbs  
Premium Pizza Crusts

### **Udi's**

GF Classic Hamburger Buns  
GF Classic Hot Dog Buns  
GF Millet-Chia Bread  
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  
Sundried Tomato & Garlic Bread

## Candy and Chocolate

### Dagoba

- ECLIPSE 87% Extra bittersweet
- LEMON GINGER 68% Crystallized ginger/Lemon

### Endangered Species Chocolate

- Dark Chocolate with Cranberries & Almonds - Wolf
- Dark Chocolate with Deep Forest Mint
- Dark Chocolate with Espresso Beans - Tiger
- Dark Chocolate with Hazelnut Toffee - Rhino
- Dark Chocolate with Raspberries - Grizzly Bear
- Extreme Dark Chocolate - Panther
- Supreme Dark Chocolate - Chimpanzee

### Enjoy Life

- Boom Choco Boom Dairy-Free Rice Milk Chocolate Bar

### Glee Gum

- Glee Bubblegum Flavor Gum
- Glee Peppermint Gum
- Glee Spearmint Gum
- Glee Triple Berry Gum

### Scharffen Berger

- Bittersweet Chocolate Bar, 70% Cacao
- Semisweet Tasting Square Bars 62%

## Canned Goods

### Native Forest

- Organic Baby Corn
- Organic Pineapple Chunks
- Organic Pineapple Slices

## 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
- Light in Sodium - Traditional Refried Beans
- Medium Chili
- Medium Chili with Vegetables

## Canned/Jarred Goods (Cont'd)

### Amy's Kitchen

- Refried Beans with Green Chiles
- Refried Black Beans
- Spicy Chili
- Thai Coconut Soup (Tom Kha Phak)
- Traditional Refried Bean
- Vegetarian Baked Beans

## Cereal

### Ancient Harvest

- Organic Quinoa Flakes 12 oz

### Arrowhead Mills

- Maple Buckwheat Organic Flakes
- Organic Rice & Shine Hot Cereal

### Bakery On Main

- Cranberry Orange Cashew Gluten Free Granola
- Extreme Fruit & Nut Gluten Free Granola

### Bob's Red Mill

- 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
- Peanut Butter Panda Puffs Organic Cereal

### Nature's Path

- Organic Fruit Juice Sweetened Corn Flakes, 26.4 oz
- 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
- GF Vanilla Granola

## **Cheese**

### **Follow Your Heart**

Vegan Gourmet Cream Cheese

## **Chips/Pretzels/Snacks**

### **Beanitos**

Black Bean Chips

### **Blue Diamond**

Almond Nut Thins

Hint of Sea Salt Nut Thins

Pecan Nut Thins

Smokehouse Nut Thins

### **Food Should Taste Good**

Blue Corn Tortilla Chips

Hemp Tortilla Chips

Lime Tortilla Chips

Sweet Potato Tortilla Chips

The Works! Tortilla Chips

### **Food Should Taste Good**

Jalapeno Tortilla Chips

Multigrain Tortilla Chips

Olive Tortilla Chips

### **Kettle Brand**

Baked Potato Chips, Hickory Honey BBQ 4 oz

Baked Potato Chips, Lightly Salted 4 oz

Baked Potato Chips, Salt & Fresh Ground Pepper 4 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, Backyard Barbeque 9 oz

Potato Chips, Honey Dijon 2 oz

Potato Chips, Honey Dijon 5 oz

Potato Chips, Jalapeno 5 oz

Potato Chips, Lightly Salted 2 oz

Potato Chips, Lightly Salted 5 oz

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

### **Kettle Brand**

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, 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 2 oz

### **Late July**

Late July Multigrain Sea Salt

### **Lundberg Family Farms**

Organic Brown Rice Cakes

Organic Koku Seaweed Rice Cakes

Organic Sea Salt Rice Chips

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

### **Lundberg Farms**

Fiesta Lime Rice Chips

### **Mary's Gone Crackers**

Sticks & Twigs, Sea Salt

Sticks & Twigs, Tomato Chipotle

### **Michael Season's**

Baked Cheddar Cheese Curls

### **Pirate Brands**

Pirate's Booty Aged White Cheddar

Pirate's Booty Veggie

## **Condiments**

### **Follow Your Heart**

Vegenaise, Original

## Condiments (Cont'd)

### Organicville

- Organic Chili Sauce
- Organic Dijon Mustard
- Organic Dressing, Non Dairy Ranch
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Orange Cranberry Vinaigrette
- Organic Dressing, Pomegranate Vinaigrette
- Organic Dressing, Sesame Tamari Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette
- Organic Dressing, Tarragon Dijon Vinaigrette
- Organic Non-Dairy Caesar Dressing
- Organic Non-Dairy Thousand Island Dressing
- Organic Original BBQ Sauce
- Organic Stone Ground Mustard

### San-J

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

### San-J

- Sweet and Sour Sauce

### The Wizard's Sauce

- Organic Wheat-Free Vegan Worcestershire

## Cookies and Snack Bars

### Amy's Kitchen

- Gluten Free Chocolate Chip Shortbread Cookies
- Gluten Free Classic Shortbread Cookies

### Enjoy Life

- Cocoa Loco Snack Bars
- Soft Baked Double Chocolate Brownie Cookies
- Soft Baked Snickerdoodle Cookie Pack
- Soft Baked Snickerdoodle Cookies

## Cookies and Snack Bars (Cont'd)

### EnviroKidz

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

### Glutino

- Chocolate Vanilla Crème Sandwich Dream Cookies
- Vanilla Crème Sandwich Dream Cookies

### Hail Merry

- Blonde Macaroons
- Choco Macaroons

### Jennie's

- Coconut Macaroons

### Kinnikinnick

- S'moreables Graham Style Crackers

### Mi-Del

- Ginger Snaps

### Pamela's Products

- Chocolate Chip Walnut Cookies
- Chunky Chocolate Chip Cookies
- Ginger Cookies with Sliced Almonds
- Organic Spicy Ginger Cookies
- Peanut Butter Cookies
- Simplebites Chocolate Chip Mini Cookies
- Simplebites Extreme Chocolate Mini Cookies
- Simplebites Ginger Mini Snapz

### Udi's

- GF Chocolate Chip Cookies

## Crackers

### Edward & Sons

- Brown Rice Snaps, Tamari Sesame
- Brown Rice Snaps, Unsalted Sesame
- Organic Brown Rice Snaps, Black Sesame

### Glutino

- Crackers, Original
- Crackers, Vegetable

## Crackers (Cont'd)

### 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 Cherry-Vanilla FOB
- CT Chocolate
- CT Coffee
- CT Maple
- CT Peach FOB
- CT Plain
- CT Raspberry FOB
- CT Strawberry FOB
- CT Vanilla
- LF Blueberry FOB
- LF Boysenberry FOB
- LF Vanilla Bean FOB
- NF Plain
- NF Vanilla

### Chobani Greek Yogurt

- 0 %Strawberry Strained Yogurt
- 0% Blueberry Strained Yogurt
- 0% Peach Strained Yogurt
- 0% Pomegranate Strained Yogurt
- 0% Vanilla Strained Yogurt

### Earth Balance

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

### Page Total

- Total 0% 17.6oz (500g)
- Total 0% 35.3 oz (1kg)
- Total 0% 6oz (170g)
- Total 10% 17.6oz (500g)

## Dairy (Cont'd)

### Page Total

- Total 10% 7oz (200g)
- Total 2% 17.6oz (500g)
- Total 2% 35.3oz (1kg)
- Total 2% 7oz (200g)
- Total 2% Blueberry 5.3oz (150g)
- Total 2% Honey 5.3oz (150g)
- Total 2% Strawberry 5.3oz (150g)
- Total Honey 5.3oz (150g)

### Helios Nutrition

- Organic Plain Kefir
- Organic Reduced Fat Raspberry Ke
- Organic Reduced Fat Strawberry Kefir

### Lifeway Foods

- Organic Lowfat Blueberry Kefir
- Organic Lowfat Raspberry Kefir

### Stonyfield Organic Yogurt

- Fat Free Strawberry
- Oikos: 0% Fat Plain
- Oikos: 0% Fat Vanilla
- Peach Super Smoothie
- YoBaby Meals: Apple Sweet Potato
- 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
- ALMOND BREEZE UNSWEETENED VANILLA

### Blue Diamond

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

### Daiya Foods

- Cheddar Style Shreds
- Mozzarella Style Shreds
- Pepperjack Style Shreds

## Dairy Alternatives (Cont'd)

### Follow Your Heart

Vegan Gourmet Cream Cheese

### So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert  
French Vanilla Coconut Milk Creamer  
Hazelnut Coconut Milk Creamer  
Original (Plain) Coconut Milk Beverage  
Original (Plain) Coconut Milk Creamer  
Original (Plain) Coconut Milk Kefir  
Plain Cultured Coconut Milk Yogurt  
Strawberry Banna Cultured Coconut Milk Yogurt  
Strawberry Coconut Milk Kefir  
Strawberry Cultured Coconut Milk Yogurt  
Unsweetened Coconut Milk Beverage  
Vanilla Coconut Milk Beverage  
Vanilla Cultured Coconut Milk Yogurt

### truwhip

All Natural Frozen Whip Topping

## Deli Style Meats and Cheeses

### Applegate Farms

Organic Sliced Oven Roasted Chicken  
Sliced Authentic Prosciutto  
Sliced Black Forest Ham  
Sliced Coppa  
Sliced Honey Maple Turkey  
Sliced Organic Oven Roasted Turkey  
Sliced Organic Smoked Turkey  
Sliced Organic Uncured Ham

## Dental Care Products

### Tom's of Maine

Spearmint Flat Floss  
Unflavored Round Floss

## Deodorant

### Kiss My Face

Liquid Rock Lavender Deodorant 3 oz  
Liquid Rock Patchouli Deodorant 3 oz

## Desserts

### French Meadow Bakery

Gluten Free Fudge Brownie

### Hail Merry

Chocolate Mint Tart  
Chocolate Tart  
Meyer Lemon Tart

### Purely Decadent

Chocolate Peanut Butter Swirl Non-Dairy Frozen  
Coconut Milk Dessert

### So Delicious

Chocolate Non-Dairy Frozen Coconut Milk Dessert

### WFM Gluten Free Bakehouse

Vanilla Cupcakes

### truwhip

All Natural Frozen Whip Topping

## Energy and Nutrition Bars/Drinks

### Zing Bars

Almond Blueberry  
Chocolate Coconut  
Chocolate Peanut Butter  
Cranberry Orange  
Oatmeal Chocolate Chip  
Peanut Butter Chocolate Chip

## Entrees and Mixes

### Lundberg Family Farms

Garlic Primavera Risotto  
Organic Florentine Risotto  
Organic Tuscan Risotto

### Namaste

Blondie Mix  
Brownie Mix  
Waffle & Pancake Mix

### Pamela's Products

Vanilla Frosting Mix

### Road's End Organics

Organic Savory Herb Gravy Mix  
Organic Shiitake Mushroom Gravy Mix

## Entrees and Mixes (Cont'd)

### Tasty Bite

Bombay Potatoes  
Channa Masala  
Jaipur Vegetables  
Madras Lentils  
Punjab Eggplant  
Spinach Dal

### Ethnic Foods

#### Annie Chun's

Pad Thai Rice Noodles

#### Edward & Sons

Brown Rice Snaps, Tamari Sesame  
Miso-Cup, Organic Japanese Restaurant Style

#### Food For Life

Whole Grain Brown Rice Tortillas, Wheat & Gluten Free

#### Food Merchants

Organic Polenta, Green Chili & Cilantro  
Organic Polenta, Traditional

#### Organicville

Organic Island Teriyaki

#### Premier Japan

Organic Wheat-Free Teriyaki Sauce

#### San-J

Sweet and Sour Sauce

### Tasty Bite

Bombay Potatoes  
Channa Masala  
Jaipur Vegetables  
Madras Lentils  
Punjab Eggplant  
Spinach Dal

## Facial Care Products

### MyChelle

Honeydew Cleanser Unscented

## Frozen Foods

### Amy's Kitchen

Asian Noodle Stir-Fry  
Baked Ziti Bowl  
Bistro Veggie Burger  
Black Bean Tamale Verde  
Black Bean Vegetable Enchilada  
Brown Rice & Vegetables Bowl  
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)  
Indian Mattar Paneer  
Indian Mattar Tofu  
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 - Indian Mattar Paneer  
Light in Sodium - Mexican Casserole Bowl  
Mexican Casserole Bowl  
Mexican Tamale Pie  
Non-Dairy Rice Macaroni & Cheese  
Rice Crust Cheese Pizza  
Rice Mac & Cheese  
Santa Fe Enchilada Bowl  
Shepherd's Pie  
Single Serve Rice Crust Margherita Pizza  
Teriyaki Bowl  
Tofu Scramble  
Tortilla Casserole & Black Beans Bowl

### Applegate Farms

Maple Breakfast Sausage  
Sage Breakfast Sausage

### Caesar's

Cheese Lasagna, Gluten-Free Wheat-Free

## Frozen Foods (Cont'd)

### 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
- Gluten Free Fudge Brownie

### Glutino

- BBQ Chicken Pizza Brown Rice Crust Pizza
- Duo Cheese Pizza Multipack
- Pepperoni Brown Rice Crust Pizza
- Pizza, Spinach Feta

### Julian's Recipe

- Gluten Free Pancakes - Buttermilk
- 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

### Nature's Path

- Organic Buckwheat Wildberry Waffles
- Organic Homestyle Waffles

### Organic So Delicious

- Chocolate Velvet Non-Dairy Frozen Dessert
- Creamy Vanilla Non-Dairy Frozen Dessert
- Mocha Fudge Non-Dairy Frozen Dessert

### Purely Decadent

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

### Saffron Road

- Lamb Koftis
- Lamb Vindaloo with Basmati Rice
- Lemongrass Basil Chicken

## Frozen Foods (Cont'd)

### So Delicious

- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- Coconut Almond Bar, Made with Coconut Milk
- Vanilla Bar, Made with Coconut Milk

### Starfish

- Crispy Battered Gluten Free Haddock

### Van's

- Wheat Free Blueberry Waffles
- Wheat Free Buckwheat Waffles
- Wheat Free Flax Waffles
- Wheat Free Homestyle Waffles

## Grains and Rice

### Ancient Harvest

- Traditional Organic Quinoa 12 oz

### Annie Chun's

- Rice Express Sprouted Brown Rice

### Lundberg Family Farms

- Eco-Farmed California White Arborio Rice
- Eco-Farmed Wild Blend Gourmet Blend Rice
- Organic California Brown Jasmine Rice, 25 lb
- Organic California White Jasmine Rice
- Organic Long Grain Brown Rice

### Tasty Bite

- Brown Rice
- 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 Lavender Blend

## Hand & Body Lotions

### 365 Every Day Value™

Body Lotion Lavender Blend

### Kiss My Face

Vitamin A&E Moisturizer 4 oz

## Hand & Body Washes

### 365 Every Day Value™

Conditioner Fragrance Free

Shower Gel Herbal Mint

Shower Gel Lavender Blend

### Kiss My Face

Anti-Stress Shower Gel 16 oz

Fragrance Free Liquid Moisture Soap 9 oz

Peaceful Patchouli Shower Gel 16 oz

## Jams and Nut Butters

### Justin's

Chocolate Almond Butter 1.15 oz Squeeze Packs

Chocolate Hazelnut Butter 1.15 oz Squeeze Packs

Chocolate Peanut Butter 1.15 oz Squeeze Packs

Classic Almond Butter 1.15 oz Squeeze Packs

Dark Chocolate Peanut Butter Cups

Honey Almond Butter 1.15 oz Squeeze Packs

Maple Almond Butter 1.15 oz Squeeze Packs

Milk Chocolate Peanut Butter Cups

## Lip Balms

### Badger

Sweet Orange Cocoa Butter Lip Balm

### Kiss My Face

Sliced Peach Lip Balm w / SPF 15 .15 oz

Vanilla Honey Lip Balm w / SPF 15 .15 oz

## Meat and Poultry

### Applegate Farms

Chicken Apple Breakfast Sausage

Greatest Little Organic Smokey Cocktail Frank

## Meat and Poultry (Cont'd)

### Applegate Farms

Maple Breakfast Sausage

Organic Hot Dogs

Organic Sliced Sunday Bacon

Organic Turkey Hot Dogs

Sage Breakfast Sausage

Sliced Organic Turkey Bacon

## Nutritional Supplements

### Amazing Grass

Amazing Meal Original

Amazing Meal chocolate

Green SuperFood Original

Wheat Grass

### BioChem

100% Whey Protein Chocolate Fudge

100% Whey Protein Chocolate Fudge 1.9lb

100% Whey Protein Natural Flavor

100% Whey Protein Natural Flavor

100% Whey Protein Vanilla 13.9oz

### Country Life

Acerola Vitamin C 500mg Chewable 90ct

Betaine Hydrochloride w/Pepsin 100ct

Bromelain 500mg 30ct

Bromelain 500mg 60ct

Chewable Multivitamin 60ct

Coenzyme B Complex 120ct

Super Potency Biotin 5mg 120ct

Super Potency Biotin 5mg 60ct

Target-Mins Calcium-Magnesium-Veg Capsules, 120 ct

Target-Mins Magnesium Capsules, 60 ct

Vitamin D3 1000 IU 200ct

### Iron Tek

Essential CLA 1000mg 90ct

### Nature's Way Alive!

Alive!® (no iron added) / 180 Tb

Alive!® (no iron added) / 90 Tb

Alive!® Rice/Pea Shake Vanilla / 2.2 lbs

## Nutritional Supplements (Cont'd)

### Nature's Way Primadophilus

Primadophilus® Original / 90 Vcaps®  
Primadophilus® Reuteri / 30 Vcaps®  
Primadophilus® for Kids Cherry / 30 Chw

### Nature's Way Sambucus

Sambucus Immune Syrup / 4 oz  
Sambucus Immune Syrup / 8 oz

### Nature's Way Umcka

Umcka ColdCare® Alcohol Free Liquid / 1 oz  
Umcka ColdCare® Cherry Syrup / 4 oz  
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx  
Umcka ColdCare® Original Liquid / 1 oz

### Rainbow Light

ACTIVE SENIOR MULTIVITAMIN 90  
BLACK COHOSH MENOPAUSE RELIEF 1650 60  
CERTIFIED ORGANIC MENS MULTI 120  
CERTIFIED ORGANIC WOMENS MULTI 120  
ENERGY B-COMPLEX 45  
EVERYDAY CALCIUM WITH ENZYMES 120  
FOOD-BASED CALCIUM 180  
FOOD-BASED CALCIUM 90  
GUMMY BEAR ESSENTIALS 30  
GUMMY VITAMIN C SLICES 30  
KID'S ONE MULTISTARS 90  
MEN'S ONE MULTIVITAMIN 150  
MEN'S ONE MULTIVITAMIN 30  
PRENATAL ONE MULTIVITAMIN 150  
PRENATAL ONE MULTIVITAMIN 30  
PROTEIN ENERGIZER VANILLA  
VITAMIN D 1,000 IU GUMMIES 100  
VITAMIN D 1,000 IU GUMMIES 50  
VITAMIN D 400 IU GUMMIES 60  
WOMEN'S ONE MULTIVITAMIN 150  
WOMEN'S ONE MULTIVITAMIN 30

### VEGA

Berry Small  
Chocolate Small  
Vanilla Chai Small

## Nuts/Seeds/Dried Fruits

### Bob's Red Mill

Flaxseeds

## Ointments/Salves/Gels/Antiseptics

### Badger

Sore Muscle Rub

## Pasta Sauce

### Organicville

Organic Italian Herb Pasta Sauce  
Organic Mushroom Pasta Sauce  
Organic Tomato Basil Pasta Sauce

## Personal Care

### Kiss My Face

Whitening Toothpaste 3.4 oz

### Natracare

Curved Panty Liners - 30 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  
Tanga Panty Liners - 30 CT  
Ultra w/ Wings - Regular Pad - 14 CT

### Tom's of Maine

Apricot Long Lasting Stick Deodorant  
Honeysuckle Rose Stick Deodorant  
Lavender Long Lasting Roll-on Deodorant  
Lavender Long Lasting Stick Deodorant  
Lemongrass Long Lasting Stick Deodorant  
Unscented Long Lasting Roll-on Deodorant  
Unscented Long Lasting Stick Deodorant  
Unscented Stick Deodorant  
Wintermint Sensitive Toothpaste  
Woodspice Stick Deodorant

## Prepared Foods

### Food Merchants

Organic Polenta, Green Chili & Cilantro  
Organic Polenta, Traditional

## Sauces/Salsas/Dips

### Amy's Kitchen

- Black Bean & Corn Salsa
- Medium Salsa
- Mild Salsa
- Tomato Basil Pasta Sauce

### Organicville

- Organic Island Teriyaki
- Organic Medium Salsa
- Sriracha Sauce

### Premier Japan

- Organic Wheat-Free Teriyaki Sauce

### Road's End Organics

- Organic Savory Herb Gravy Mix
- Organic Shiitake Mushroom Gravy Mix

### Simply Organic

- Alfredo Sauce Mix, Cert. Org.
- French Onion Dip Mix, Cert. Org.
- Garlic Vinaigrette Salad Dressing Mix, Cert. Org.
- Guacamole Dip Mix, Cert. Org.
- Italian Salad Dressing Mix, Cert. Org.
- Sweet Basil Pesto Mix Cert. Org.

### The Wizard's Sauce

- Organic Hot Stuff

## Seafood

### Starfish

- Crispy Battered Gluten Free Haddock

## Soups

### Amy's Kitchen

- Black Bean Vegetable Soup
- Chunky Tomato Bisque
- Cream of Tomato Soup
- Curried Lentil 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

## Soups (Cont'd)

### Amy's Kitchen

- 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

### Boulder Soup Works

- Carrot Coconut
- Green Pea with Dill
- Roasted Tomato Basil

### 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

### Edward & Sons

- Miso-Cup, Organic Japanese Restaurant Style

### Kettle Cuisine

- Angus Beef Steak Chili with Beans
- Chicken Soup with Rice Noodles

## Spices and Seasonings

### Bob's Red Mill

- Cornstarch

### Simply Organic

- Sloppy Joe Mix Cert. Org.
- Southwest Taco Seasoning, Cert. Org.
- Vegetarian Chili Mix, Cert. Org.

## Sun Protection

### MyChelle

- Sun Shield

## **Sweeteners**

### **Lundberg Family Farms**

Brown Rice Syrup

Organic Brown Rice Syrup