

# Gluten Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## St. Francis Store, Rocky Mountain 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

Super Sensitive Baby Shampoo

### Baked Goods

#### Mary's Gone Crackers love Cookies

Ginger Snaps love Cookies

#### Udi's

GF Blueberry Muffins

GF Cinnamon Rolls

GF Double Chocolate Muffins

### Baking Needs

#### Arrowhead Mills

Buckwheat Flour

Gluten Free All Purpose Baking Mix

Long Grain Brown Rice Flour

Yellow Corn Meal

### Baking Needs (Cont'd)

#### Bob's Red Mill

Almond Flour

Arrowroot Starch Flour

Baking Soda

Flaxseed Meal

Gluten Free Chocolate Chip Cookie Mix

Gluten Free Sweet White Sorghum Flour

GlutenFree Rolled Oats

Organic Quinoa Flour

Potato Starch

Tapioca Flour

Teff Flour

White Rice Flour

Xanthan Gum

#### Cherrybrook Kitchen Gluten Free Dreams

Ready To Spread Vanilla Frosting

#### Ener-G

Egg Replacement

## Baking Needs (Cont'd)

### Enjoy Life

Semi-Sweet Chocolate Chips

### Gluten Free Pantry

All-Purpose GF Baking Flour Mix  
Brown Rice Pancake & Waffle Mix  
Chocolate Chip Cookie & Cake Mix  
Decadent Chocolate Cake Mix  
Old Fashioned Cake & Cookie Mix  
Yankee Cornbread & Muffin Mix

### King Arthur Flour

Gluten Free Cookie Mix  
Gluten Free Multi-Purpose Flour  
Gluten Free Pizza Crust Mix

### Let's Do...

Confetti Sprinkelz

### Let's Do... Organic

Organic Coconut Flakes  
Organic Cornstarch  
Organic Creamed Coconut  
Organic Reduced Fat Shredded Coconut  
Organic Shredded Coconut  
Organic Tapioca Pearls  
Organic Tapioca Starch

### Namaste

Pizza Crust Mix  
Spice Cake Mix  
Waffle & Pancake Mix

### Pamela's Products

Baking & Pancake Mix  
Baking & Pancake Mix, 4 lb  
Chocolate Brownie Mix  
Chocolate Cake Mix  
Chocolate Chunk Cookie Mix  
Gluten-Free Bread Mix  
Gluten-Free Bread Mix & Flour Blend  
Vanilla Frosting Mix

### Simply Organic

Cocoa Brownie Mix, Cert. Org.  
Pancake/Waffle Mix, Cert. Org.

## Bar Soap

### Kiss My Face

Olive & Honey Bar Soap 8 oz  
Pure Olive Oil Bar Soap 8 oz

## Beverages

### So Delicious

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

## Bread

### Canyon Bakehouse

7-Grain Gluten Free Bread  
Cinnamon Raisin 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  
White Rice Bread, Wheat & Gluten Free  
Whole Grain Brown Rice Tortillas, Wheat & Gluten Free

### Glutino

Bread Crumbs

### Udi's

GF Millet-Chia Bread  
GF Plain Bagels  
GF White Sandwich Bread  
GF Whole Grain Bagels  
GF Whole Grain Bread

## Candy and Chocolate

### Dagoba

ECLIPSE 87% Extra bittersweet  
HAZELNUT 37% Hazelnut/Rice Crisps  
LEMON GINGER 68% Crystallized ginger/Lemon  
MINT 59% Mint/rosemary  
XOCOLATL 74% Chilies/cacao nibs

## Candy and Chocolate (Cont'd)

### Endangered Species Chocolate

Dark Chocolate with Blueberries - Sea Turtle  
Supreme Dark Chocolate - Chimpanzee

### Enjoy Life

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

### Let's Do...

Confetti Sprinkelz

### Scharffen Berger

62% Semisweet Bars  
Bittersweet Chocolate Bar, 70% Cacao  
Milk Chocolate Nibby Bar, 41% Cacao

## Canned Goods

### Native Forest

Artichoke Hearts, Whole  
Green Asparagus Cuts & Tips  
Green Asparagus Spears  
Organic Baby Corn  
Organic Papaya Chunks

## Canned/Jarred Goods

### Amy's Kitchen

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

## Canned/Jarred Goods (Cont'd)

### Native Forest

Artichoke Hearts, Marinated

## Cereal

### Ancient Harvest

Organic Quinoa Flakes 12 oz

### Arrowhead Mills

Maple Buckwheat Organic Flakes  
Organic Rice & Shine Hot Cereal

### Bob's Red Mill

Brown Rice Farina Creamy Rice Hot Cereal  
GlutenFree Rolled Oats  
Whole Grain Teff

### Enjoy Life

Cinnamon Crunch Granola  
Very Berry Crunch Granola

### EnviroKidz

Gorilla Munch Organic Cereal  
Koala Crisp Organic Cereal  
Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal  
Peanut Butter Panda Puffs Organic Cereal

### Erewhon

Cocoa Crispy Brown Rice  
Crispy Brown Rice - Gluten Free  
Rice Twice

### 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 Whole O's Cereal

## Cheese

### Follow Your Heart

Vegan Gourmet Cheddar  
Vegan Gourmet Cream Cheese

## **Chips/Pretzels/Snacks**

### **Blue Diamond**

Almond Nut Thins  
Cheddar Cheese Nut Thins  
Country Ranch Nut Thins  
Hazelnut Nut Thins  
Pecan Nut Thins  
Smokehouse Nut Thins

### **Food Should Taste Good**

Blue Corn Tortilla Chips  
Cheddar Tortilla Chips  
Lime Tortilla Chips  
Sweet Potato Tortilla Chips  
The Works! Tortilla Chips

### **Food Should Taste Good**

Multigrain Tortilla Chips  
Olive Tortilla Chips

### **Glutino**

Pretzel Sticks, Family Bag  
Pretzels, Family Bag

### **Green Mountain Gringo**

Organic Blue Tortilla Strips  
Organic White Tortilla Strips  
Original Tortilla Strips

### **Kettle Brand**

Baked Potato Chips, Aged White Cheddar 4 oz  
Baked Potato Chips, Hickory Honey BBQ 4 oz  
Baked Potato Chips, Salt & Fresh Ground Pepper 4 oz  
Baked Potato Chips, Sea Salt & Vinegar 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, Honey Dijon 5 oz  
Potato Chips, Jalapeno 5 oz

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

### **Kettle Brand**

Potato Chips, Lightly Salted 14 oz  
Potato Chips, Lightly Salted 2 oz  
Potato Chips, Lightly Salted 5 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 5 oz  
Potato Chips, Sour Cream, Onion & Chive 5 oz  
Potato Chips, Spicy Thai 5 oz  
Potato Chips, Sweet Onion 5 oz  
Potato Chips, Unsalted 5 oz

### **Late July**

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

### **Lundberg Family Farms**

Honey Nut Rice Cakes  
Organic Brown Rice Cakes  
Organic Caramel Corn Rice Cakes  
Organic Cinnamon Toast Rice Cake  
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  
Pico de Gallo Rice Chips  
Sante Fe BBQ Rice Chips  
Sesame Seaweed Rice Chips

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

Sticks & Twigs, Sea Salt

### **Michael Season's**

Baked Cheddar Cheese Puffs

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

### **Pirate Brands**

Pirate's Booty BARRRRRbeque  
Smart Puffs Real Wisconsin Cheddar

### **Real Foods**

Wholegrain Rice Thins

## **Condiments**

### **Eden**

Tamari Soy Sauce, Naturally Brewed 10 oz

### **Follow Your Heart**

Organic Creamy Miso Ginger Dressing  
Vegenaise, High Omega-3 w/ Expeller-Pressed  
Canola Oil  
Vegenaise, Original

### **Organicville**

Non-Dairy Mayo  
Organic Chili Sauce  
Organic Dijon Mustard  
Organic Dressing, Non Dairy Ranch  
Organic Dressing, Orange Cranberry Vinaigrette  
Organic Ketchup  
Organic Non-Dairy Caesar Dressing  
Organic Non-Dairy Coleslaw Dressing  
Organic Original BBQ Sauce  
Organic Stone Ground Mustard  
Organic Tangy BBQ Sauce

### **San-J**

Teriyaki Sauce

## **Cookies and Snack Bars**

### **Enjoy Life**

Cocoa Loco Snack Bars  
Soft Baked Snickerdoodle Cookies  
Very Berry Snack Bars

### **EnviroKidz**

Koala Organic Crispy Rice Bars, Chocolate  
Panda Organic Crispy Rice Bars, Peanut Butter

## **Cookies and Snack Bars (Cont'd)**

### **Glutino**

Breakfast Bars, Apple  
Chocolate Coated Chocolate Wafers  
Lemon Wafers

### **Immaculate Baking Company**

Gluten Free Chocolate Chunk Cookie Dough

### **Jennie's**

Almond Macaroons  
Coconut Macaroons

### **Mary's Gone Crackers love Cookies**

Chocolate Chip love Cookies  
Double Chocolate love Cookies  
Ginger Snaps love Cookies

### **Mi-Del**

Chocolate Chip Cookies  
Ginger Snaps

### **Pamela's Products**

Chocolate Chip Walnut Cookies  
Chunky Chocolate Chip Cookies  
Ginger Cookies with Sliced Almonds  
Pecan Shortbread Cookies

## **Crackers**

### **Edward & Sons**

Exotic Rice Toast, Brown Jasmine Rice & Spring  
Onion

### **Glutino**

Crackers, Cheddar  
Crackers, Original  
Crackers, Vegetable

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

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

## Dairy

### Brown Cow Yogurt

Brown Cow: 0% Fat Blueberry FOB  
Brown Cow: 0% Fat Strawberry FOB  
CT Apricot-Mango FOB  
CT Blueberry  
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 Lemon Twist FOB  
Plain Whole Milk Yogurt, 6 oz

### Chobani Greek Yogurt

0 %Strawberry Strained Yogurt  
0% Black Cherry Strained Yogurt  
0% Blueberry Strained Yogurt  
0% Honey Strained Yogurt  
0% Lemon Strained Yogurt  
0% Plain Strained Yogurt  
0% Raspberry Strained Yogurt  
0% Strawberry Strained Yogurt  
0% Vanilla Strained Yogurt  
2% Mango Strained Yogurt  
2% Plain Strained Yogurt  
2% Strawberry-Banana Strained Yogurt

### Earth Balance

Buttery Sticks  
Organic Whipped Buttery Spread  
Original Buttery Spread  
Soy Free Buttery Spread  
Soy Garden Buttery Spread

### Fage Total

Total 0% 17.6oz (500g)  
Total 0% 35.3 oz (1kg)  
Total 0% 6oz (170g)  
Total 0% Cherry Pomegranate 5.3oz (150g)  
Total 0% Honey 5.3oz (150g)  
Total 10% 7oz (200g)  
Total 2% 17.6oz (500g)

## Dairy (Cont'd)

### Fage Total

Total 2% 35.3oz (1kg)  
Total 2% 7oz (200g)  
Total 2% Cherry 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)

### Helios Nutrition

Organic Plain Kefir  
Organic Reduced Fat Raspberry Ke  
Organic Vanilla Kefir

### Lifeway Foods

Bio Kefir Blackberry  
Bio Kefir Pomegranate Blueberry  
Bio Kefir Vanilla  
Green Kefir Kiwi PassionFruit  
Green Kefir Pomegranate Acai Blueberry  
Low Fat Peach Kefir  
Low Fat Raspberry Kefir  
Low Fat Strawberry Kefir  
Lowfat Cherry Kefir  
Lowfat Plain Kefir  
Lowfat Pomegranate Kefir  
Lowfat Vanilla Kefir  
Organic Lowfat Blueberry Kefir  
Organic Lowfat Plain Kefir  
Organic Lowfat Pomegranate Acai Kefir  
Organic Lowfat Strawberry Kefir  
Probugs Goo Berry Pie  
Probugs Orange Creamy Crawler  
Probugs Strawnana Split  
Probuugs Sublime Slime Lime

### Noosa Yoghurt

Noosa Yoghurt - Blueberry  
Noosa Yoghurt - Honey  
Noosa Yoghurt - Mango  
Noosa Yoghurt - Raspberry  
Noosa Yoghurt - Strawberry & Rhubarb

### Stonyfield Organic Yogurt

0% Fat Chocolate Underground FOB  
0% Fat French Vanilla  
0% Fat Strawberry FOB

## Dairy (Cont'd)

### Stonyfield Organic Yogurt

Low Fat Blueberry FOB  
Low Fat French Vanilla  
Low Fat Plain  
Low Fat Raspberry  
Low Fat Strawberry FOB  
Oikos: 0% Fat Blueberry FOB  
Oikos: 0% Fat Plain  
Oikos: 0% Fat Vanilla  
Oikos: 0% Fat Vanilla 4oz  
Peach Super Smoothie  
Peach Super Smoothies 6oz  
Strawberry Banana Super Smoothie  
Strawberry Banana Super Smoothies 6oz  
Strawberry Super Smoothies 6oz  
Whole Milk French Vanilla  
Whole Milk Plain  
Wild Berry Super Smoothies 6oz  
YoBaby Banana Drinkable Yogurt  
YoBaby Peach Drinkable Yogurt  
YoKids Squeezers Strawberry

## Dairy Alternatives

### BLUE DIAMOND

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

## Dairy Alternatives (Cont'd)

### So Delicious

Chocolate Cultured Coconut Milk Yogurt  
Coconut 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  
Pina Colada Cultured Coconut Milk Yogurt  
Strawberry Coconut Milk Kefir  
Unsweetened Coconut Milk Beverage  
Vanilla Bean Non-Dairy Frozen Coconut Milk  
Dessert  
Vanilla Coconut Milk Beverage  
Vanilla Coconut Milk Kefir  
Vanilla Cultured Coconut Milk Yogurt

### WestSoy

Plus Soy Beverage, Plain 64 oz  
Soy Beverage, Unsweetened Chocolate 32 oz

## Deli Style Meats and Cheeses

### Applegate Farms

Organic Sliced Oven Roasted Chicken  
Sliced Authentic Prosciutto  
Sliced Black Forest Ham  
Sliced Genoa Salami  
Sliced Honey Ham  
Sliced Honey Maple Turkey  
Sliced Organic Herb Turkey  
Sliced Organic Oven Roasted Turkey  
Sliced Organic Roast Beef  
Sliced Organic Smoked Chicken  
Sliced Organic Smoked Turkey  
Sliced Organic Uncured Ham  
Sliced Oven Roasted Sliced Turkey  
Sliced Slow Cooked Ham  
Sliced Smoked Turkey  
Sliced Turkey Bologna

## Dental Care Products

### Kiss My Face

Sensitive Toothpaste 3.4 oz

### Tom's of Maine

Spearmint Flat Floss

## Deodorant

### Kiss My Face

Liquid Rock Lavender Deodorant 3 oz

## Desserts

### So Delicious

Coconut Non-Dairy Frozen Coconut Milk Dessert

Vanilla Bean Non-Dairy Frozen Coconut Milk Dessert

## Energy and Nutrition Bars/Drinks

### Attune Probiotic Bars

Dark Chocolate Bars - individual bars

Mint Chocolate Bars - individual

### Bumble Bar

Chocolate Crisp

Original with Almond

Original with Cashew

### Function Drinks

Alternative Energy Tropical Citrus

### Zing Bars

Almond Blueberry

Chocolate Coconut

Cranberry Orange

Oatmeal Chocolate Chip

Peanut Butter Chocolate Chip

## Entrees and Mixes

### Arrowhead Mills

Gluten Free All Purpose Baking Mix

### Bob's Red Mill

Gluten Free Chocolate Chip Cookie Mix

TVP (Textured Vegetable Protein)

## Entrees and Mixes (Cont'd)

### Lundberg Family Farms

Garlic Primavera Risotto

Organic Alfredo Risotto

Organic Porcini Wild Mushroom Risotto

### Namaste

Pizza Crust Mix

Spice Cake Mix

Waffle & Pancake Mix

### Pamela's Products

Vanilla Frosting Mix

### Tasty Bite

Aloo Palak

Bengal Lentils

Bombay Potatoes

Channa Masala

Jaipur Vegetables

Jodhpur Lentils

Kashmir Spinach

Madras Lentils

Punjab Eggplant

Spinach Dal

Vegetable Korma

## Ethnic Foods

### Annie Chun's

Maifun Rice Noodles

### Edward & Sons

Miso-Cup, Organic Japanese Restaurant Style

Miso-Cup, Organic Reduced Sodium

Miso-Cup, Organic Traditional with Tofu

Miso-Cup, Savory Seaweed

### Food For Life

Whole Grain Brown Rice Tortillas, Wheat & Gluten Free

### Food Merchants

Organic Polenta, Basil & Garlic

Organic Polenta, Sundried Tomato & Garlic

Organic Polenta, Traditional

## Ethnic Foods (Cont'd)

### Native Forest

Organic Coconut Milk

### Tasty Bite

Aloo Palak  
Bengal Lentils  
Bombay Potatoes  
Channa Masala  
Jaipur Vegetables  
Jodhpur Lentils  
Kashmir Spinach  
Madras Lentils  
Punjab Eggplant  
Spinach Dal  
Vegetable Korma

## Facial Care Products

### MyChelle

Fruit Enzyme Cleanser  
Honeydew Cleanser Unscented  
The Perfect C Serum

## Frozen Foods

### Amy's Kitchen

Black Bean Vegetable Enchilada  
Brown Rice, Black-Eyed Peas & Veggies Bowl  
Cheese Enchilada  
Cheese Enchilada Whole Meal  
Cheese Tamale Verde  
Garden Vegetable Lasagna  
Indian Mattar Paneer  
Indian Palak Paneer  
Indian Vegetable Korma  
Light & Lean Black Bean & Cheese Enchilada  
Light & Lean Soft Taco Fiesta Bowl  
Light in Sodium - Brown Rice & Vegetables Bowl  
Light in Sodium - Mexican Casserole Bowl  
Non-Dairy Rice Macaroni & Cheese  
Rice Crust Cheese Pizza  
Rice Crust Spinach Pizza  
Rice Mac & Cheese  
Roasted Vegetable Tamale  
Santa Fe Enchilada Bowl

## Frozen Foods (Cont'd)

### Amy's Kitchen

Shepherd's Pie  
Sonoma Veggie Burger

### Applegate Farms

Maple Breakfast Sausage

### Caesar's

Cheese Lasagna, Gluten-Free Wheat-Free  
Stuffed Shells, Gluten-Free Wheat-Free  
Vegetable Lasagna, Gluten-Free Wheat-Free

### EVOL Foods

Bean & Cheese Enchilada Bowl  
Teriyaki Chicken Bowl

### Julie's Organic Ice Cream

Glutenfreeda's Organic Gluten Free Vanilla Ice  
Cream Sandwich

### Nature's Path

Organic Buckwheat Wildberry Waffles  
Organic Mesa Sunrise Waffles

### Organic So Delicious

Chocolate Velvet Non-Dairy Frozen Dessert

### Purely Decadent

Pomegranate Chip Non-Dairy Frozen Dessert

### Saffron Road

Chicken Biryani  
Lamb Saag with Basmati Rice

### So Delicious

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

### Starfish

Crispy Battered Gluten Free Cod  
Crispy Battered Gluten Free Haddock

### Van's

Wheat Free Blueberry Waffles  
Wheat Free Buckwheat Waffles  
Wheat Free Homestyle Waffles

## Grains and Rice

### Ancient Harvest

Inca Red Organic Quinoa 12 oz

### Lundberg Family Farms

Organic Alfredo Risotto

Organic Porcini Wild Mushroom Risotto

## Hair Care Products

### 365 Every Day Value™

Conditioner Fragrance Free

Shampoo for Dry and Normal Herbal Mint

Shampoo for Dry and Normal Lavender Blend

Shampoo for Normal and Oily Fragrance Free

Shampoo for Normal and Oily Herbal Mint

Shampoo for Normal and Oily Lavender Blend

## Hand & Body Lotions

### 365 Every Day Value™

Body Lotion Fragrance Free

Body Lotion Lavender Blend

### Hugo Naturals

French Lavender All Over Lotion

### Kiss My Face

Honey & Calendula Moisturizer 16 oz

Peaches & Crème Moisturizer 4 oz

Vitamin A&E Moisturizer 4 oz

### MyChelle

Hand Cream

## Hand & Body Washes

### 365 Every Day Value™

Conditioner Fragrance Free

Shower Gel Lavender Blend

### Hugo Naturals

French Lavender Shower Gel

### Kiss My Face

Olive & Aloe Liquid Moisture Soap 9 oz

Almond Liquid Moisture Soap 9 oz

Fragrance Free Liquid Moisture Soap 9 oz

Orange Blossom Liquid Moisture Soap oz

## Jams and Nut Butters

### Barney Butter

Barney Butter Crunchy - 10 oz / 6 pk

Barney Butter Smooth - 10 oz / 6 pk

Barney Butter Smooth - 16 oz / 6 pk

### 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

Chocolate Peanut Butter Jars

Classic Almond Butter 1.15 oz Squeeze Packs

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

### Maranatha

Roasted Sesame Tahini

## Lip Balms

### Badger

Coffee Roast Lip Balm Stick

Lime Cocoa Butter Lip Balm

Sweet Orange Cocoa Butter Lip Balm

## Meat Alternatives

### Bob's Red Mill

TVP (Textured Vegetable Protein)

### WestSoy

Extra Firm Tofu, Tidal Wave 14 oz

Firm Tofu, Water-Pack 14 oz

Firm Tofu, Water-Pack 16 oz

Soft Tofu, Water-Pack 14 oz

## Meat and Poultry

### Applegate Farms

Chicken Apple Breakfast Sausage

Chicken Hot Dogs

## Meat and Poultry (Cont'd)

### Applegate Farms

Maple Breakfast Sausage  
Organic Hot Dogs  
Organic Sliced Sunday Bacon  
Turkey Hot Dogs

## Nutritional Supplements

### Vitality

BREATH FRESHER SPRAY

### Amazing Grass

Amazing Meal Original  
Green SuperFood Berry

### BioChem

100% Whey Protein Natural Flavor  
100% Whey Protein Natural Flavor  
100% Whey Protein Vanilla 1.9lb  
100% Whey Protein Vanilla 13.9oz  
Vegan Protein Powder 12 serving Vanilla

### Country Life

Buffered C 1000mg w/Rose Hips 250ct  
Acerola Vitamin C 500mg Chewable 180ct  
Acerola Vitamin C 500mg Chewable 90ct  
Acidophilus with Pectin Capsules, 100 ct  
Acidophilus with Pectin Capsules, 250 ct  
Aller-Max Capsules, 100 ct  
B-12 1000mcg Time Release 60ct  
Betaine Hydrochloride w/Pepsin 250ct  
Buffer C pH Controlled 1000mg 120ct Tablet  
Buffer C pH Controlled 500mg 60ct Tablet  
Cal-Snack Milk-Free Chewables, 60 ct  
Chelated Magnesium 250mg Tablets, 180 ct  
Chelated Magnesium 250mg Tablets, 90 ct  
Citrus Bioflavonoids Complete 1000mg 100ct Tablet  
CoQ10 100mg - 30 capsules  
Coenzyme B Complex 120ct  
Coenzyme B Complex 60ct  
DHEA 10mg Capsules, 50 ct  
DHEA 25mg Capsules, 90 ct  
DHEA Complex For Women, 60 ct  
Daily Dophilus - 112 ct  
Daily Total One-a-Day 60ct Capsule

## Nutritional Supplements (Cont'd)

### Country Life

Easy Iron Capsules, 90 ct  
Glucosamine Chondroitin Capsules, 90 ct  
L-Lysine 500mg Capsules with B-6, 100 ct  
L-Lysine 500mg Capsules with B-6, 250 ct  
L-Tyrosine 500mg Capsules with B-6, 100 ct  
Lecithin 19 Grain 100ct  
Liquid Target-Mins Calcium-Magnesium Complex, 16 oz  
Liquid Target-Mins Calcium-Magnesium Complex, 32 oz  
Maxi Hair 60ct  
Maxi Hair 90ct  
Melatonin 1mg Tablets, 120 ct  
Melatonin 3mg Tablets, 30 ct  
Omega-3 Fish Oils 1000mg 100ct  
Papaya Chewable 25mg 200ct  
Papaya Chewable 25mg 500ct  
Power-dophilus Capsules, 100 ct  
Power-dophilus Capsules, 200 ct  
Power-dophilus Capsules, 50 ct  
Pregnenolone 10mg Capsules, 60 ct  
Prosta-Max For Men, 100 ct  
Rutin 500mg 100ct  
Selenium 100mcg Yeast Free Tablets, 180 ct  
Super Potency Biotin 5mg 60ct  
Target-Mins Calcium-Magnesium Capsules, 180 ct  
Target-Mins Calcium-Magnesium Complex Tablets, 180 ct  
Target-Mins Calcium-Magnesium-Potassium Tablets, 180 ct  
Target-Mins Calcium-Magnesium-Veg Capsules, 240 ct  
Target-Mins Calcium-Magnesium-Zinc Tablets, 180 ct  
Target-Mins Magnesium Capsules, 60 ct  
Target-Mins Magnesium-Potassium Aspartate Tablets, 90 ct  
Target-Mins Total Mins Tablets, 120 ct  
Target-Mins Zinc 50mg Tablets, 90 ct  
Ultra Omega 3-6-9 90ct softgel  
Vitamin A & D 10,000/400 IU 100ct  
Vitamin B-6 100mg 100ct

## Nutritional Supplements (Cont'd)

### Country Life

Vitamin D3 1000 IU 100ct Softgels  
Vitamin D3 1000 IU 200ct  
Vitamin D3 2500 IU 60ct  
Vitamin D3 5000 IU 200ct Softgels  
Vitamin D3 5000 IU 60 Softgels  
Vitamin E Complex 400IU 180ct Softgels  
Vitamin E Complex 400IU 90ct Softgels  
Water Factors 60ct

### Country Life

Omega-3 Fish Oils 1000mg 200ct

### Iron Tek

Essential Creatine Monohydrate 500g Powder  
Essential Liquid Amino Complex Orange 16oz  
Liquid

### Nature's Way Alive!

Alive!® Soy Shake Vanilla / 2.2 lbs

### Nature's Way Primadophilus

Primadophilus® Optima / 30 Vcaps®  
Primadophilus® Reuteri / 30 Vcaps®  
Primadophilus® for Kids Orange / 30 Chw

### Nature's Way Sambucus

Sambucus Immune Syrup / 4 oz  
Sambucus Lozenge / 30  
Sambucus Sugar-Free Syrup / 4 oz  
Sambucus Syrup / 4 oz  
Sambucus for Kids / 8 oz

### Nature's Way Umcka

Umcka ColdCare® Cherry Syrup / 8 oz  
Umcka ColdCare® Lemon Hot Drink / 10 pkts/bx  
Umcka ColdCare® Original Liquid / 1 oz  
Umcka ColdCare® Sugar-Free Grape Syrup / 4 oz  
Umcka® Cold+Flu Orange Chewable / 20 Chw

### Rainbow Light

CONGEST-AWAY 60  
COUNTER ATTACK 30  
COUNTER ATTACK 90  
MAGNESIUM CALCIUM "+" 90  
MEN'S ONE MULTIVITAMIN 150

## Nutritional Supplements (Cont'd)

### Rainbow Light

PROBIOACTIVE 1B 90  
WOMEN'S ONE MULTIVITAMIN 150  
WOMEN'S ONE MULTIVITAMIN 90

### Vitality

LIQUID B12 Drops 1000 mcg/ml Liquid Sublingual

## Ointments/Salves/Gels/Antiseptics

### Badger

Healing Balm  
Sore Muscle Rub

## Pasta

### Jovial Foods

Brown Rice Capellini  
Brown Rice Caserecce  
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

Triple Action Toothpaste 3.4 oz  
Whitening Toothpaste 3.4 oz

### Natracare

Breathable Panty Liners - 30 CT  
Curved Panty Liners - 30 CT  
Night-Time Pads - 10 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

## Personal Care (Cont'd)

### Natracare

- ORGANIC Super Plus Non-Applicator Tampons - 20 CT
- Slender Pads - 20 CT
- Ultra w/ Wings - Regular Pad - 14 CT

### Tom's of Maine

- Apricot Long Lasting Stick Deodorant
- Honeysuckle Rose Stick Deodorant
- Lavender Long Lasting Stick Deodorant
- Lemongrass Long Lasting Stick Deodorant
- Peppermint Antiplaque Tartar Control Plus Whitening Toothpaste
- Silly Strawberry Anticavity Toothpaste
- Unscented Long Lasting Roll-on Deodorant
- Unscented Long Lasting Stick Deodorant
- Wintermint Sensitive Toothpaste
- Woodspice Stick Deodorant

## Prepared Foods

### Food Merchants

- Organic Polenta, Basil & Garlic
- Organic Polenta, Sundried Tomato & Garlic
- Organic Polenta, Traditional

## Sauces/Salsas/Dips

### Amy's Kitchen

- Light in Sodium - Tomato Basil Pasta Sauce
- Medium Salsa

### Organicville

- Organic Tangy BBQ Sauce

### Simply Organic

- Alfredo Sauce Mix, Cert. Org.
- French Onion Dip Mix, Cert. Org.
- Italian Salad Dressing Mix, Cert. Org.
- Ranch Salad Dressing Mix, Cert. Org.
- Roasted Turkey Gravy Mix Cert. Org.
- Sweet Basil Pesto Mix Cert. Org.

## Seafood

### Starfish

- Crispy Battered Gluten Free Cod
- Crispy Battered Gluten Free Haddock

## Shaving Aids

### Kiss My Face

- Fragrance Free Moisture Shave 11 oz

## Soups

### Amy's Kitchen

- Black Bean Vegetable Soup
- Chunky Tomato Bisque
- Chunky Vegetable Soup
- Cream of Tomato Soup
- Curried Lentil Soup
- Fire Roasted Southwestern Vegetable Soup
- Golden 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

### Boulder Soup Works

- Garden Minestrone
- Potato Leek
- Roasted Tomato Basil

### Dr. McDougall's Right Foods

- Chana Masala Soup & Quick Meal
- Chili Bean Soup & Quick Meal
- Organic Lower Sodium Chunky Tomato Soup
- Organic Tortilla Soup
- RTS Light Sodium Garden Vegetable Soup
- RTS Light Sodium Lentil Soup

### Edward & Sons

- Miso-Cup, Organic Japanese Restaurant Style
- Miso-Cup, Organic Reduced Sodium
- Miso-Cup, Organic Traditional with Tofu
- Miso-Cup, Savory Seaweed

## Spices and Seasonings

### Simply Organic

- Southwest Taco Seasoning, Cert. Org.