

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Cobb Store, South 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 and casein-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. If you have any questions, you may contact us at [WFMSpecialDiets@wholefoods.com](mailto:WFMSpecialDiets@wholefoods.com).

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### Baked Goods

#### WFM Gluten Free Bakehouse

- Almond Cookies
- Carrot Cake
- Honey Oat Bread
- Molasses Ginger Cookies

### Baking Needs

#### Ancient Harvest

- Organic Quinoa Flour 18 oz

### Baking Needs (Cont'd)

#### Arrowhead Mills

- Blue Corn Meal
- Buckwheat Flour
- Gluten Free All Purpose Baking Mix
- Gluten Free Chocolate Chip Cookie Mix
- Gluten Free Pancake & Baking Mix
- Long Grain Brown Rice Flour
- Millet Flour
- Soy Flour
- White Rice Flour
- Yellow Corn Meal

#### Bob's Red Mill

- Almond Flour
- Arrowroot Starch Flour
- Baking Powder
- Baking Soda
- Brown Rice Flour
- Cornstarch

## Baking Needs (Cont'd)

### Bob's Red Mill

- Flaxseed Meal
- Flaxseeds
- Garbanzo Bean Flour
- Gluten Free All Purpose Baking Flour
- Gluten Free Biscuit & Baking Mix
- Gluten Free Brownie Mix
- Gluten Free Chocolate Chip Cookie Mix
- Gluten Free Cornbread Mix
- Gluten Free Garbanzo & Fava Bean Flour
- Gluten Free Hearty Whole Grain Bread Mix
- Gluten Free Pancake Mix
- Gluten Free Pizza Crust Mix
- Gluten Free Sweet White Sorghum Flour
- GlutenFree Rolled Oats
- Hazelnut Meal/Flour
- Hemp Protein Powder
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Organic Golden Flaxseeds
- Potato Flour
- Potato Starch
- Teff Flour
- White Rice Flour
- Xanthan Gum

### Cherrybrook Kitchen

- Chocolate Frosting Mix

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix
- Fudge Brownie Mix
- Pancake & Waffle Mix
- Sugar Cookie Mix

### Earth Balance

- Shortening

### Enjoy Life

- Semi-Sweet Chocolate Chips

### Gluten Free Pantry

- Muffins & Scone Mix
- Old Fashioned Cake & Cookie Mix
- Perfect Pie Crust Mix

## Baking Needs (Cont'd)

### Gluten Free Pantry

- Spice Cake & Gingerbread Mix

### Hain

- Baking Powder

### Namaste

- Blondie Mix
- Brownie Mix
- Cookie Mix
- Pizza Crust Mix
- Spice Cake Mix
- Sugar-Free Muffin Mix
- Vanilla Cake Mix
- Waffle & Pancake Mix

### Pamela's Products

- Chocolate Cake Mix
- Classic Vanilla Cake Mix
- Confetti Frosting Mix
- Cornbread & Muffin Mix
- Gluten-Free Bread Mix

## Beverages

### Celestial Seasonings

- Acai Mango Zinger Tea, 20 Ct
- Antioxidant Green Tea, 20 Ct
- Authentic Green Tea, 40 Ct
- Black Cherry Berry Tea
- Candy Cane Lane Decaf Tea, 20 Ct
- Chamomile Tea, 20 Ct
- China Pearl White Tea, 20 Ct
- Country Peach Passion
- Decaf Chai India Spice Tea, 20 Ct
- Decaf Green Tea, 25 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Madagascar Vanilla Red Tea, 20 Ct
- Moroccan Pomegranate Red Tea, 20 Ct
- Nutcracker Sweet Herbal Tea
- Peppermint Tea, 20 Ct
- Peppermint Tea, 40 Ct
- Perfectly Pear White Tea, 20 Ct
- Raspberry Zinger Tea, 20 Ct
- Red Zinger Tea, 20 Ct

## Beverages (Cont'd)

### Celestial Seasonings

- Sleepytime Extra Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sleepytime Tea, 40 Ct
- Sugar Plum Spice, 20 Ct
- Tangerine Orange Zinger Tea, 20 Ct
- Tension Tamer Tea, 20 Ct
- True Blueberry, 20 Ct
- Wild Berry Tea, 20 Ct

### So Delicious

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

## Bread

### Enjoy Life

- Cinnamon Raisin Bagels

### Glutino

- Premium Brown Rice Bread, Homestyle
- Premium Corn Bread
- Premium Fiber Bread
- Premium Flax Seed Bread
- Premium Pizza Crusts

### WFM Gluten Free Bakehouse

- Honey Oat Bread

## Candy and Chocolate

### 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

## Canned Goods

### Amy's

- Organic Refried Black Beans
- Organic Refried Black Beans, Low in Sodium
- Organic Traditional Refried Beans
- Organic Traditional Refried Beans, Light in Sodium

## Canned Goods (Cont'd)

### Amy's

- Organic Vegetarian Baked Beans

## Cereal

### Ancient Harvest

- Organic Quinoa Flakes 12 oz

### Arrowhead Mills

- Maple Buckwheat Organic Flakes
- Organic Rice & Shine Hot Cereal
- Organic Yellow Corn Grits
- Sweetened Organic Rice Flakes

### Bakery On Main

- Apple Raisin Walnut Gluten Free Granola
- Cranberry Orange Cashew Gluten Free Granola
- Extreme Fruit & Nut Gluten Free Granola
- Nutty Cranberry Gluten Free Granola
- Rainforest Gluten Free Granola

### Bob's Red Mill

- Brown Rice Farina Creamy Rice Hot Cereal
- Gluten Free Mighty Tasty Hot Cereal
- GlutenFree Rolled Oats
- Organic Brown Rice Farina Creamy Rice Hot Cereal
- Organic Creamy Buckwheat Hot Cereal

### Enjoy Life

- Cinnamon Crunch Granola
- Cranapple Crunch Granola
- Very Berry Crunch Granola

### 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

### Nature's Path

- Organic Fruit Juice Sweetened Corn Flakes
- Organic Fruit Juice Sweetened Corn Flakes, 26.4 oz
- Organic Honey'd Corn Flakes, 26.4 oz

## Cereal (Cont'd)

### Nature's Path

Organic Honey'd Cornflakes  
Organic Mesa Sunrise Cereal  
Organic Mesa Sunrise Cereal, 26.4 oz  
Organic Whole O's Cereal

### WFM Gluten Free Bakehouse

Fruit and Nut Granola

## Cheese

### Follow Your Heart

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

## Chips, Pretzels and Snacks

### Arico

Cassava Chips, Barbecue Bliss  
Cassava Chips, Ginger on Fire  
Cassava Chips, Original  
Cassava Chips, Sea Salt Mist

### Food Should Taste Good

Buffalo Tortilla Chips 6 oz  
Sweet Potato Tortilla Chips 6 oz  
The Works! Tortilla Chips 6 oz

### Food Should Taste Good

Chocolate Tortilla Chips 6 oz  
Jalapeno Tortilla Chips 6 oz  
Multigrain Tortilla Chips 6 oz  
Olive Tortilla Chips 6 oz

### Glutino

Pretzels, Sesame Rings  
Pretzels, Sticks  
Pretzels, Twists  
Pretzels, Unsalted

### Lundberg Farms

Apple Cinnamon Rice Cakes  
Brown Rice Cakes  
Buttery Caramel Rice Cakes

## Chips, Pretzels and Snacks (Cont'd)

### Lundberg Farms

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

### Mary's Gone Crackers

Sticks & Twigs, Tomato Chipotle

### Mr. Krispers

Baked Rice Krisps, Barbecue  
Baked Rice Krisps, Sea Salt & Pepper

## Condiments

### Follow Your Heart

Vegenaise, Grapeseed Oil  
Vegenaise, High Omega-3 w/ Expeller-Pressed  
Canola Oil  
Vegenaise, Original

### Organicville

Organic Dressing, Herbs de Provence Vinaigrette  
Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Non Dairy Ranch  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Orange Cranberry Vinaigrette  
Organic Dressing, Pomegranate Vinaigrette  
Organic Dressing, Sesame Goddess  
Organic Dressing, Sesame Tamari Vinaigrette  
Organic Dressing, Sundried Tomato & Garlic  
Vinaigrette  
Organic Ketchup  
Organic Original BBQ Sauce

## Condiments (Cont'd)

### Spectrum

Canola Mayonnaise 16 oz  
Light Canola Eggless Mayonnaise 16 oz  
Light Canola Eggless Mayonnaise 32 oz  
Light Canola Eggless Mayonnaise, Squeeze Bottle  
Organic Olive Oil Mayonnaise  
Organic Omega-3 Mayonnaise with Flax 16 oz  
Organic Soy Mayonnaise 16 oz  
Organic Soy Mayonnaise, Squeeze Bottle

## Cookies and Snack Bars

### Arico

Almond Cranberry Cookies  
Lemon Ginger Cookies

### Bakery On Main

Peanut Butter Chocolate Chip Granola Bars

### Enjoy Life

Caramel Apple Snack Bars  
Cocoa Loco Snack Bars  
Soft Baked Chewy Chocolate Chip Cookies  
Soft Baked Double Chocolate Brownie Cookies  
Soft Baked Gingerbread Spice Cookie  
Soft Baked Happy Apple Cookies  
Soft Baked Lively Lemon Cookies  
Soft Baked No-Oats "Oatmeal" Cookie  
Soft Baked Snickerdoodle Cookies  
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  
Organic Vanilla Animal Cookies  
Panda Organic Crispy Rice Bars, Peanut Butter  
Penguin Organic Crispy Rice Bars, Fruity Burst

### Glutino

Breakfast Bars, Apple  
Breakfast Bars, Blueberry

## Cookies and Snack Bars (Cont'd)

### Glutino

Breakfast Bars, Chocolate

### Jennie's

Coconut Macaroons

### Pamela's Products

Old Fashioned Raisin Walnut Cookies  
Simplebites Ginger Mini Snapz

### WFM Gluten Free Bakehouse

Almond Cookies  
Molasses Ginger Cookies

## Crackers

### Mary's Gone Crackers

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

## Dairy

### Earth Balance

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

## Dairy Alternatives

### Follow Your Heart

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

### So Delicious

Blueberry Cultured Coconut Milk Yogurt  
Chocolate Cultured Coconut Milk Yogurt  
Cinnamon Bun Dairy Free Yogurt  
French Vanilla Coconut Milk Creamer  
Hazelnut Coconut Milk Creamer

## Dairy Alternatives (Cont'd)

### So Delicious

- Key Lime Dairy Free Yogurt
- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Creamer
- Original (Plain) Coconut Milk Kefir
- Passionate Mango Cultured Coconut Milk Yogurt
- Peach Dairy Free Yogurt
- Pina Colada Cultured Coconut Milk Yogurt
- Plain Cultured Coconut Milk Yogurt
- Raspberry 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 Coconut Milk Kefir
- Vanilla Cultured Coconut Milk Yogurt

### WestSoy

- Longevity Soy Beverage, Vanilla 32 oz
- Plus Soy Beverage, Plain 32 oz
- Plus Soy Beverage, Plain 64 oz
- Plus Soy Beverage, Vanilla 64 oz
- Soy Beverage, Unsweetened Chocolate 32 oz

## Deli Style Meats and Cheeses

### Applegate Farms

- Organic Sliced Oven Roasted Chicken
- Sliced Black Forest Ham
- Sliced Genoa Salami
- Sliced Honey Ham
- Sliced Honey Maple Turkey
- Sliced Hot Genoa Salami
- 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 Pepperoni
- Sliced Slow Cooked Ham

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

### Applegate Farms

- Sliced Smoked Turkey
- Sliced Soppressata
- Sliced Turkey Bologna
- Sliced Turkey Salami

### Desserts

#### French Meadow Bakery

- Gluten Free Fudge Brownie

#### WFM Gluten Free Bakehouse

- Carrot Cake

## Energy and Nutrition Bars/Drinks

### Bumble Bar

- Chocolate Crisp
- Lush Lemon
- Original with Almond
- Original with Mixed Nuts
- Original with Peanut

## Entrees and Mixes

### Arrowhead Mills

- Gluten Free All Purpose Baking Mix
- Gluten Free Chocolate Chip Cookie Mix
- Gluten Free Pizza Crust Mix

### Bob's Red Mill

- Gluten Free Chocolate Chip Cookie Mix
- TVP (Textured Vegetable Protein)

### Cherrybrook Kitchen

- Chocolate Frosting Mix

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix
- Fudge Brownie Mix
- Pancake & Waffle Mix
- Sugar Cookie Mix

### Lundberg Farms

- Organic Florentine Risotto
- Organic Tuscan Risotto

## Entrees and Mixes (Cont'd)

### Namaste

- Blondie Mix
- Brownie Mix
- Cookie Mix
- Pizza Crust Mix
- Spice Cake Mix
- Sugar-Free Muffin Mix
- Vanilla Cake Mix
- Waffle & Pancake Mix

### Pamela's Products

- Confetti Frosting Mix

## Ethnic Foods

### Amy's

- Organic Asian Noodle Stir-Fry
- Organic Black Bean Enchilada Whole Meal
- Organic Black Bean Vegetable Enchilada
- Organic Indian Mattar Tofu
- Organic Indian Vegetable Korma
- Organic Mexican Tamale Pie
- Organic Roasted Vegetable Tamale Whole Meal
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry

### Food Merchants

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

### Organicville

- Organic Sesame Teriyaki

### World Foods

- IndoChina Cambodian Pineapple Lemon Grass Stir Fry Sauce
- Malaysian Rendang Curry Ready to Pour Sauce
- Thai Basil Curry Stir Fry Sauce
- Thai Galangal Lemon Grass Stir Fry Sauce
- Thai Green Curry Paste
- Thai Red Curry Paste

## Frozen Foods

### Amy's

- Kids Baked Ziti Meal
- Organic Asian Noodle Stir-Fry
- Organic Baked Ziti Bowl
- Organic Bistro Veggie Burger
- Organic Black Bean Enchilada Whole Meal
- Organic Black Bean Vegetable Enchilada
- Organic Brown Rice & Vegetables Bowl
- Organic Brown Rice & Vegetables Bowl, Light in Sodium
- Organic Brown Rice, Black-Eyed Peas & Veggies Bowl
- Organic Indian Mattar Tofu
- Organic Indian Vegetable Korma
- Organic Mexican Tamale Pie
- Organic Rice Crust Spinach Pizza
- Organic Roasted Vegetable Tamale Whole Meal
- Organic Shepherd's Pie
- Organic Shepherd's Pie, Light in Sodium
- Organic Single Serve Non-Dairy Rice Crust Cheeze Pizza
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry
- Organic Tofu Scramble

### Applegate Farms

- Gluten Free Chicken Nuggets
- Maple Breakfast Sausage
- Organic Turkey Burgers
- Sage Breakfast Sausage

### French Meadow Bakery

- Gluten Free Chocolate Chip Cookie Dough
- Gluten Free Fudge Brownie

### Ian's Natural Foods

- Chicken Fingers, Allergen Free
- Chicken Patties, Wheat Free Gluten Free
- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free
- Kids Meal, Mac No Cheese
- Lightly Battered Fish, Wheat Free Gluten Free
- Popcorn Turkey Corn Dogs
- Soy Cheesy French Bread Pizza, Wheat Free Gluten Free

## Frozen Foods (Cont'd)

### Ian's Natural Foods

Wafflewich, Egg & Maple Sausage, Wheat Free  
Gluten Free

### It's Soy Delicious

Chocolate Almond Non-Dairy Frozen Dessert  
Green Tea Non-Dairy Frozen Dessert  
Raspberry Non-Dairy Frozen Dessert

### Nature's Path

Organic Homestyle Waffles  
Organic Mesa Sunrise Waffles

### Organic So Delicious

Chocolate Velvet Non-Dairy Frozen Dessert  
Creamy Vanilla Non-Dairy Frozen Dessert  
Neopolitan Non-Dairy Frozen Dessert

### Purely Decadent

Blueberry Cheesecake Non-Dairy Frozen Dessert  
Cherry Nirvana Non-Dairy Frozen Dessert  
Chocolate Non-Dairy Frozen Coconut Milk Dessert  
Chocolate Peanut Butter Swirl Non-Dairy Frozen  
Coconut Milk Dessert  
Coconut Non-Dairy Frozen Coconut Milk Dessert  
Cookie Dough Non-Dairy Frozen Coconut Milk  
Dessert  
Mint Chip Non-Dairy Frozen Coconut Milk Dessert  
Mocha Almond Fudge Non-Dairy Frozen Dessert  
Passionate Mango Non-Dairy Frozen Coconut Milk  
Dessert  
Peanut Butter Zig Zag Non-Dairy Frozen Dessert  
Pomegranate Chip Non-Dairy Frozen Dessert  
Praline Pecan Non-Dairy Frozen Dessert  
Purely Vanilla Non-Dairy Frozen Dessert  
Turtle Trails Non-Dairy Frozen Dessert  
Vanilla Bean Non-Dairy Frozen Coconut Milk  
Dessert

### So Delicious

Coconut Almond Bar, Made with Coconut Milk  
Kidz Assorted Fruit Pops

## Frozen Foods (Cont'd)

### So Delicious

Orange Passion Fruit Agave Sweetened Fruit Bar

### Starfish

Crispy Battered Gluten Free Cod  
Crispy Battered Gluten Free Haddock

### Sweet Nothings

Non-Dairy Fudge Bar

### Van's

Wheat Free Blueberry Waffles  
Wheat Free Buckwheat Waffles  
Wheat Free Flax Waffles  
Wheat Free Homestyle Pancakes  
Wheat Free Homestyle Waffles

## Grains and Rice

### Ancient Harvest

Inca Red Organic Quinoa 12 oz  
Traditional Organic Quinoa 12 oz

### Bob's Red Mill

Organic Quinoa Grain

### Lundberg Farms

Eco-Farmed California Brown Basmati Rice  
Eco-Farmed California White Arborio Rice  
Eco-Farmed California White Basmati Rice  
Eco-Farmed California White Jasmine Rice  
Eco-Farmed Countrywild Gourmet Blend Rice  
Eco-Farmed Jubilee Gourmet Blend Rice  
Eco-Farmed Long Grain Brown Rice  
Eco-Farmed Short Grain Brown Rice  
Eco-Farmed Wehani Gourmet Brown Rice  
Eco-Farmed Wild Blend Gourmet Blend Rice  
Organic California Brown Basmati Rice  
Organic California Brown Jasmine Rice, 25 lb  
Organic California White Basmati Rice  
Organic California White Jasmine Rice  
Organic Golden Rose Medium Grain Brown Rice  
Organic Long Grain Brown Rice  
Organic Short Grain Brown Rice  
Organic White Long Grain Rice  
Organic Wild & Wehani Rice

## Grains and Rice (Cont'd)

### Lundberg Farms

Organic Wild & White Basmati Rice  
Organic Wild Rice

## Jams and Nut Butters

### Arrowhead Mills

Creamy Peanut Butter, 26 oz  
Crunchy Peanut Butter, 16 oz  
Crunchy Peanut Butter, 26 oz

### Earth Balance

Creamy Natural Almond Butter  
Creamy Natural Peanut Butter  
Crunchy Natural Peanut Butter

## Meat Alternatives

### Applegate Farms

Organic Smoked Andouille

### Bob's Red Mill

TVP (Textured Vegetable Protein)

## Meat and Poultry

### Applegate Farms

Beef Hot Dogs  
Chicken Apple Breakfast Sausage  
Chicken Hot Dogs  
Gluten Free Chicken Nuggets  
Greatest Little Organic Smokey Cocktail Frank  
Maple Breakfast Sausage  
Organic Beef Hot Dogs  
Organic Chicken & Apple Sausage  
Organic Chicken Hot Dogs  
Organic Fire Roasted Red Pepper Sausage  
Organic Hot Dogs  
Organic Poultry Andouille Sausage  
Organic Sliced Sunday Bacon  
Organic Sweet Italian Sausage  
Organic Turkey Burgers  
Organic Turkey Hot Dogs  
Peppered Bacon  
Sage Breakfast Sausage

## Meat and Poultry (Cont'd)

### Applegate Farms

Sliced Organic Turkey Bacon  
Sliced Sunday Bacon  
Sliced Turkey Bacon  
Turkey Hot Dogs

## Nutritional Supplements

### Bob's Red Mill

Hemp Protein Powder

## Nuts, Seeds and Dried Fruits

### Bob's Red Mill

Flaxseeds  
Hemp Protein Powder  
Organic Golden Flaxseeds

## Pasta

### Ancient Harvest

Quinoa Supergrain Pasta, Elbows 8 oz  
Quinoa Supergrain Pasta, Garden Pagodas 8 oz  
Quinoa Supergrain Pasta, Rotelle 8 oz  
Quinoa Supergrain Pasta, Shells 8 oz  
Quinoa Supergrain Pasta, Spaghetti 8 oz

### Bionaturae

Organic Gluten Free Elbows Pasta  
Organic Gluten Free Fusilli  
Organic Gluten Free Penne Rigate  
Organic Gluten Free Spaghetti

### DeBoles Foods

Corn Spaghetti  
Multi-Grain Penne  
Multi-Grain Spaghetti  
Rice Fettuccine  
Rice Lasagna  
Rice Penne  
Rice Spaghetti

### Lundberg Farms

Organic Brown Rice Penne Pasta  
Organic Brown Rice Rotini Pasta  
Organic Brown Rice Spaghetti Pasta

## Pasta (Cont'd)

### Namaste

Pasta Pisavera

## Pasta Sauce

### Amy's

Organic Family Marinara Pasta Sauce  
Organic Low Sodium Marinara Sauce  
Organic Tomato Basil Pasta Sauce  
Organic Tomato Basil Pasta Sauce, Light in Sodium

## Prepared Foods

### Food Merchants

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

## Sauces, Salsas and Dips

### Amy's

Organic Spicy Chipotle Salsa

### Organicville

Organic Medium Salsa  
Organic Mild Salsa  
Organic Sesame Teriyaki

### World Foods

IndoChina Cambodian Pineapple Lemon Grass Stir Fry Sauce  
Malaysian Rendang Curry Ready to Pour Sauce  
Thai Basil Curry Stir Fry Sauce  
Thai Galangal Lemon Grass Stir Fry Sauce

## Seafood

### Starfish

Crispy Battered Gluten Free Cod  
Crispy Battered Gluten Free Haddock

## Soups

### Amy's

Organic Black Bean Chili  
Organic Black Bean Vegetable Soup  
Organic Chunky Vegetable Soup  
Organic Fire Roasted Southwestern Vegetable Soup  
Organic Lentil Soup  
Organic Lentil Vegetable Soup  
Organic Lentil Vegetable Soup, Light in Sodium  
Organic Medium Chili  
Organic Medium Chili with Vegetables  
Organic Medium Chili, Light in Sodium  
Organic Southwestern Black Bean Chili  
Organic Spicy Chili  
Organic Spicy Chili, Light in Sodium  
Organic Split Pea Soup  
Organic Thai Coconut Soup (Tom Kha Phak)  
Organic Tuscan Bean & Rice Soup

### Imagine Foods

Broccoli Soup 16 oz  
Broccoli Soup 32 oz  
Butternut Squash Soup 16 oz  
Butternut Squash Soup 32 oz  
Chicken Broth 16 oz  
Corn & Lemongrass Soup 16 oz  
Creamy Tomato Soup 16 oz  
Free Range Chicken Broth 32 oz  
No Chicken Broth 32 oz  
Organic Acorn Squash & Mango Soup 32 oz  
Organic Chicken Broth, Low Sodium 32 oz  
Organic Corn Soup, Low Sodium 32 oz  
Organic Portabello Mushroom Soup 32 oz  
Organic Tomato Soup 32 oz  
Organic Tomato Soup, Low Sodium 32 oz  
Organic Vegetable Broth, Low Sodium 32 oz  
Portabello Mushroom Soup 16 oz  
Potato Leek Soup 16 oz  
Potato Leek Soup 32 oz  
Sweet Potato Soup 32 oz  
Vegetable Broth 32 oz

## **Spices and Seasonings**

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

Cornstarch

### **World Foods**

Thai Green Curry Paste

Thai Red Curry Paste

## **Sweeteners**

### **Lundberg Farms**

Brown Rice Syrup

Organic Brown Rice Syrup