

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Woodruff 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

#### Arrowhead Mills

- Blue Corn Meal
- Buckwheat Flour
- Gluten Free All Purpose Baking Mix

### Baking Needs (Cont'd)

#### Arrowhead Mills

- Gluten Free Brownie 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 Soda
- Brown Rice Flour
- Cornstarch
- Flaxseed Meal
- Flaxseeds
- Garbanzo Bean Flour
- Gluten Free All Purpose Baking Flour

## Baking Needs (Cont'd)

### Bob's Red Mill

- Gluten Free Biscuit & Baking 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
- GlutenFree Rolled Oats
- Hazelnut Meal/Flour
- Hemp Protein Powder
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Potato Flour
- Potato Starch
- White Rice Flour
- Xanthan Gum

### Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting Mix

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Cake Mix
- Chocolate Chip Cookie Mix
- Fudge Brownie 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
- Spice Cake & Gingerbread Mix

### Hain

- Baking Powder

### Namaste

- Blondie Mix
- Brownie Mix
- Chocolate Cake Mix
- Cookie Mix

## Baking Needs (Cont'd)

### Namaste

- Muffin Mix
- Spice Cake Mix
- Waffle & Pancake Mix

### Pamela's Products

- Chocolate Cake Mix
- Dark Chocolate Frosting Mix
- Gluten-Free Bread Mix
- Vanilla Frosting Mix

## Beverages

### Celestial Seasonings

- Acai Mango Zinger Tea, 20 Ct
- Bengal Spice Tea, 20 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 Green Tea, 25 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Madagascar Vanilla Red Tea, 20 Ct
- Peppermint Tea, 20 Ct
- Peppermint Tea, 40 Ct
- Raspberry Zinger Tea, 20 Ct
- Red Zinger Tea, 20 Ct
- Sleepytime Extra Tea, 20 Ct
- Sleepytime Tea, 20 Ct
- Sleepytime Tea, 40 Ct
- Sleepytime Throat Tamer Tea, 20 Ct
- Tangerine Orange Zinger Tea, 20 Ct
- Tension Tamer Tea, 20 Ct
- Tropical Acai Berry Green 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  
Original Bagels

### **Glutino**

Premium Cinnamon & Raisin Bread  
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 Beans with Green Chiles  
Organic Refried Black Beans  
Organic Refried Black Beans, Low in Sodium  
Organic Traditional Refried Beans, Light in Sodium  
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

## **Cereal (Cont'd)**

### **Bakery On Main**

Rainforest Gluten Free Granola

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

Gluten Free Mighty Tasty Hot Cereal  
GlutenFree Rolled Oats  
Organic Brown Rice Farina Creamy Rice 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 Crispy Rice Cereal  
Organic Honey'd Cornflakes  
Organic Mesa Sunrise Cereal  
Organic Whole O's Cereal

### **WFM Gluten Free Bakehouse**

Fruit and Nut Granola

## **Cheese**

### **Follow Your Heart**

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

## **Chips, Pretzels and Snacks**

### **Arico**

Cassava Chips, Ginger on Fire  
Cassava Chips, Sea Salt Mist

### **Food Should Taste Good**

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

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

### **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, Sticks  
Pretzels, Twists  
Pretzels, Unsalted

### **Lundberg Farms**

Apple Cinnamon Rice Cakes  
Brown Rice Cakes  
Buttery Caramel Rice Cakes  
Honey Nut Rice Cakes  
Organic Brown 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

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

Sticks & Twigs, Sea Salt  
Sticks & Twigs, Tomato Chipotle

### **Mr. Krispers**

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

## **Condiments**

### **Follow Your Heart**

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

### **Organicville**

Organic Dressing, Miso Ginger Vinaigrette  
Organic Dressing, Non Dairy Ranch  
Organic Dressing, Olive Oil & Balsamic Vinaigrette  
Organic Dressing, Tarragon Dijon Vinaigrette  
Organic Ketchup  
Organic Original BBQ Sauce

## **Condiments (Cont'd)**

### **Spectrum**

Light Canola Eggless Mayonnaise 16 oz  
Light Canola Eggless Mayonnaise 32 oz  
Light Canola Eggless Mayonnaise, Squeeze Bottle  
Organic Garlic Ranch Omega-3 Dressing  
Organic Omega-3 Mayonnaise with Flax 16 oz  
Organic Soy Mayonnaise 16 oz  
Organic Soy Mayonnaise, Squeeze Bottle

## **Cookies and Snack Bars**

### **Arico**

Lemon Ginger Cookies

### **Enjoy Life**

Caramel Apple Snack Bars  
Cocoa Loco Snack Bars  
Soft Baked Chewy Chocolate Chip Cookies  
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

### **Glutenfreeda's Real Cookies**

Peanut, Paul & Mary

### **Glutino**

Breakfast Bars, Apple  
Breakfast Bars, Blueberry

### **Jennie's**

Coconut Macaroons

## Cookies and Snack Bars (Cont'd)

### Pamela's Products

- Ginger Cookies with Sliced Almonds
- Old Fashioned Raisin Walnut Cookies
- Simplebites Ginger Mini Snapz

### WFM Gluten Free Bakehouse

- Almond Cookies
- Molasses Ginger Cookies

## Crackers

### Health Valley

- Rice Bran 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

## Dairy Alternatives

### Follow Your Heart

- Vegan Gourmet Cheddar
- Vegan Gourmet Monterey Jack
- Vegan Gourmet Mozzarella Cheese
- Vegan Gourmet Nacho Cheese

### So Delicious

- Blueberry Agave Sweetened Soy Yogurt
- Blueberry Cultured Coconut Milk Yogurt
- Chocolate Cultured Coconut Milk Yogurt
- Cinnamon Bun Dairy Free Yogurt
- French Vanilla Coconut Milk Creamer
- Hazelnut Coconut Milk Creamer
- Key Lime Dairy Free Yogurt
- Original (Plain) Coconut Milk Beverage
- Original (Plain) Coconut Milk Creamer

## Dairy Alternatives (Cont'd)

### So Delicious

- 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 Agave Sweetened Soy Yogurt
- Vanilla Coconut Milk Beverage
- 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 Honey Ham
- Sliced Honey Maple Turkey
- Sliced Organic Genoa Salami
- Sliced Organic Oven Roasted Turkey
- Sliced Organic Roast Beef
- Sliced Organic Smoked Turkey
- Sliced Organic Uncured Ham
- Sliced Oven Roasted Sliced Turkey
- Sliced Pancetta
- Sliced Pepperoni
- Sliced Slow Cooked Ham
- Sliced Smoked Turkey
- Sliced Turkey Bologna

## Desserts

### WFM Gluten Free Bakehouse

Carrot Cake

## Energy and Nutrition Bars/Drinks

### Boomi Bar

Cranberry Apple  
Macadamia Paradise  
Perfect Pumpkin  
Walnut Date

### Bumble Bar

Chai with Almonds  
Chocolate Crisp  
Original with Almond  
Original with Peanut

## Entrees and Mixes

### Arrowhead Mills

Gluten Free All Purpose Baking Mix  
Gluten Free Brownie Mix  
Gluten Free Pizza Crust Mix

### Bob's Red Mill

TVP (Textured Vegetable Protein)

### Cherrybrook Kitchen

Chocolate Frosting Mix  
Vanilla Frosting Mix

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Cake Mix  
Chocolate Chip Cookie Mix  
Fudge Brownie Mix  
Sugar Cookie Mix

### Lundberg Farms

Organic Florentine Risotto  
Organic Tuscan Risotto

### Namaste

Blondie Mix  
Brownie Mix  
Chocolate Cake Mix  
Cookie Mix  
Muffin Mix  
Spice Cake Mix  
Waffle & Pancake Mix

## Entrees and Mixes (Cont'd)

### Pamela's Products

Dark Chocolate Frosting Mix  
Vanilla Frosting Mix

## Ethnic Foods

### Amy's

Organic Black Bean Enchilada Whole Meal  
Organic Black Bean Tamale Verde Whole Meal  
Organic Black Bean Vegetable Enchilada  
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 Island Teriyaki

### World Foods

Malaysian Rendang Curry Ready to Pour Sauce  
Thai Galangal Lemon Grass Stir Fry Sauce  
Thai Green Curry Paste

## Frozen Foods

### Amy's

Kids Baked Ziti Meal  
Organic Baked Ziti Bowl  
Organic Black Bean Enchilada Whole Meal  
Organic Black Bean Tamale Verde Whole Meal  
Organic Black Bean Vegetable Enchilada  
Organic Brown Rice & Vegetables Bowl  
Organic Brown Rice, Black-Eyed Peas & Veggies Bowl  
Organic Mexican Tamale Pie  
Organic Rice Crust Spinach Pizza  
Organic Roasted Vegetable Tamale Whole Meal  
Organic Shepherd's Pie, Light in Sodium

## Frozen Foods (Cont'd)

### Amy's

- Organic Single Serve Non-Dairy Rice Crust Cheeze Pizza
- Organic Teriyaki Bowl
- Organic Thai Stir-Fry
- Organic Tofu Scramble

### Applegate Farms

- Maple Breakfast Sausage
- Organic Turkey Burgers
- Sage Breakfast Sausage

### French Meadow Bakery

- Gluten Free Chocolate Chip Cookie Dough

### Gluten Free Cafe

- Asian Noodles

### Glutenfreeda's Real Cookies

- Peanut, Paul & Mary

### Ian's Natural Foods

- Chicken Fingers, Allergen Free
- Chicken Patties, Wheat Free Gluten Free
- French Toast Sticks, Wheat Free Gluten Free
- Ian's Chicken Nuggets, Allergen Free
- Ian's Fish Sticks, Allergen Free
- Kids Meal, Mac No Cheese
- Kids Meal, Mac n Meat Sauce
- Lightly Battered Fish, Wheat Free Gluten Free
- Popcorn Turkey Corn Dogs
- Soy Cheesy French Bread Pizza, Wheat Free Gluten Free
- Wafflewich, Egg & Maple Sausage, Wheat Free Gluten Free

### It's Soy Delicious

- Awesome Chocolate Non-Dairy Frozen Dessert
- Raspberry Non-Dairy Frozen Dessert
- Vanilla Non-Dairy Frozen Dessert

### Nature's Path

- Organic Buckwheat Wildberry Waffles
- Organic Homestyle Waffles
- Organic Mesa Sunrise Waffles

## Frozen Foods (Cont'd)

### Organic So Delicious

- Chocolate Peanut Butter Non-Dairy Frozen Dessert
- Creamy Vanilla Non-Dairy Frozen Dessert
- Mocha Fudge Non-Dairy Frozen Dessert
- Neopolitan Non-Dairy Frozen Dessert
- Strawberry Non-Dairy Frozen Dessert

### Purely Decadent

- Blueberry Cheesecake Non-Dairy Frozen Dessert
- Chocolate Non-Dairy Frozen Coconut Milk Dessert
- Chocolate Obsession Non-Dairy Frozen Dessert
- Chocolate Peanut Butter Swirl Non-Dairy Frozen Coconut Milk Dessert
- Coconut Non-Dairy Frozen Coconut Milk Dessert
- Cookie Dough (Gluten Free) Non-Dairy Frozen Dessert
- Cookie Dough 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 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
- Strawberry Agave Sweetened Fruit Bar

## Frozen Foods (Cont'd)

### So Delicious

Vanilla Bar, Made with Coconut Milk

### Starfish

Crispy Battered Gluten Free Cod  
Crispy Battered Gluten Free Haddock  
Crispy Battered Gluten Free Halibut

### Sweet Nothings

Non-Dairy Fudge Bar

### Van's

Wheat Free Blueberry Waffles  
Wheat Free Buckwheat Waffles  
Wheat Free Flax Waffles  
Wheat Free French Toast Sticks Cinnamon  
Wheat Free Homestyle Pancakes  
Wheat Free Homestyle Waffles  
Wheat Free Mini Homestyle Waffles

## Grains and Rice

### Ancient Harvest

Inca Red Organic Quinoa 12 oz  
Traditional Organic Quinoa 12 oz

### 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 Wild & White Basmati Rice

## Grains and Rice (Cont'd)

### Lundberg Farms

Organic Wild Rice

## Jams and Nut Butters

### Earth Balance

Creamy Natural Almond Butter  
Crunchy Natural Peanut Butter

## Meat Alternatives

### Bob's Red Mill

TVP (Textured Vegetable Protein)

### WestSoy

Extra Firm Tofu, Vacuum-Pack 12 oz

## Meat and Poultry

### Applegate Farms

Beef Hot Dogs  
Chicken Apple Breakfast Sausage  
Chicken Hot Dogs  
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 Sliced Sunday Bacon  
Organic Sweet Italian Sausage  
Organic Turkey Burgers  
Organic Turkey Hot Dogs  
Sage Breakfast Sausage  
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

### Enjoy Life

Not Nuts! Beach Bash Trail Mix

## 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

Multi-Grain Penne  
Multi-Grain Spaghetti  
Rice Angel Hair Pasta  
Rice Fettuccine  
Rice Lasagna  
Rice Penne  
Rice Spaghetti  
Rice Spirals

### Lundberg Farms

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

### Namaste

Pasta Pisavera

## Pasta Sauce

### Amy's

Organic Family Marinara Pasta Sauce  
Organic Low Sodium Marinara Sauce  
Organic Tomato Basil Pasta Sauce

## Prepared Foods

### Food Merchants

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

## Sauces, Salsas and Dips

### Amy's

Organic Mild Salsa  
Organic Spicy Chipotle Salsa

### Organicville

Organic Island Teriyaki

### World Foods

Malaysian Rendang Curry Ready to Pour Sauce  
Thai Galangal Lemon Grass Stir Fry Sauce

## Seafood

### Starfish

Crispy Battered Gluten Free Cod  
Crispy Battered Gluten Free Haddock  
Crispy Battered Gluten Free Halibut

## Soups

### Amy's

Organic Black Bean Chili  
Organic Black Bean Vegetable Soup  
Organic Chunky Vegetable Soup  
Organic Curried Lentil 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

## **Soups (Cont'd)**

### **Imagine Foods**

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

## **Spices and Seasonings**

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

- Cornstarch

### **World Foods**

- Thai Green Curry Paste

## **Sweeteners**

### **Lundberg Farms**

- Brown Rice Syrup
- Organic Brown Rice Syrup