

# Gluten and Casein Free

SPECIAL DIETS SERIES

CELEBRATING  
YOUR  
CHOICES



## Arroyo Store, Southern Pacific 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

Carrot Cake  
Molasses Ginger Cookies  
Morning Glory Muffins

### 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 Brownie Mix  
Gluten Free Chocolate Chip Cookie Mix  
Gluten Free Pancake & Baking Mix  
Long Grain Brown Rice Flour  
Millet 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 Brownie Mix
- Gluten Free Chocolate Cake Mix
- Gluten Free Chocolate Chip Cookie Mix
- Gluten Free Cinnamon Raisin Bread
- Gluten Free Cornbread Mix
- Gluten Free Cornmeal
- Gluten Free Hearty Whole Grain Bread Mix
- Gluten Free Pizza Crust Mix
- GlutenFree Rolled Oats
- Hemp Protein Powder
- Organic Amaranth Flour
- Organic Coconut Flour
- Organic Flaxseed Meal
- Organic Golden Flaxseed Meal
- Organic Quinoa Flour
- Organic White Rice Flour
- Potato Flour
- Potato Starch
- Tapioca Flour
- White Rice Flour
- Xanthan Gum

### Chebe

- Bread Sticks Mix, Garlic & Onion
- Cinnamon Rolls Mix
- Focaccia Flatbread Mix

### Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting Mix

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Cookie Mix
- Pancake & Waffle Mix
- Sugar Cookie Mix

### Earth Balance

- Shortening

### Gluten Free Pantry

- Chocolate Truffle Brownie Mix
- Decadent Chocolate Cake Mix

## Baking Needs (Cont'd)

### Gluten Free Pantry

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

### Hain

- Baking Powder

### Namaste

- Spice Cake Mix
- Sugar-Free Muffin Mix

### Pamela's Products

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

## Beverages

### Celestial Seasonings

- Acai Mango Zinger Tea, 20 Ct
- Authentic Green Tea, 20 Ct
- Bengal Spice Tea, 20 Ct
- Caffeine Free Celestial Tea, 40 Ct
- Candy Cane Lane Decaf Tea, 20 Ct
- Chai Honey Vanilla White Tea, 20 Ct
- Chamomile Tea, 20 Ct
- China Pearl White Tea, 20 Ct
- Cool Brew Blueberry Iced Green Tea, 40 Ct
- Country Peach Passion
- Cranberry Apple Zinger Tea, 20 Ct
- Decaf Chai India Spice Tea, 20 Ct
- Echinacea Complete Care Tea, 20 Ct
- Goji Berry Pomegranate Green Tea, 20 Ct
- Honey Vanilla Chamomile Tea, 20 Ct
- Lemon Zinger Tea, 20 Ct
- Madagascar Vanilla Red Tea, 20 Ct
- Mint Magic Tea, 20 Ct
- Moroccan Pomegranate Red Tea, 20 Ct
- Nutcracker Sweet Herbal Tea
- Peppermint Tea, 20 Ct
- Peppermint Tea, 40 Ct

## **Beverages (Cont'd)**

### **Celestial Seasonings**

Perfectly Plum White Tea, 20 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  
Sugar Plum Spice, 20 Ct  
Tangerine Orange Zinger Tea, 20 Ct  
Tension Tamer Tea, 20 Ct

### **So Delicious**

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

## **Bread**

### **Glutino**

Premium Brown Rice Bread, Homestyle  
Premium Cinnamon & Raisin Bread  
Premium Corn Bread  
Premium Fiber Bread  
Premium Flax Seed Bread  
Premium Pizza Crusts

## **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  
Organic Traditional Refried Beans, Light in Sodium

## **Cereal**

### **Amy's**

Organic Cream of Rice Hot Cereal Bowl

### **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

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

Brown Rice Farina Creamy Rice Hot Cereal  
Gluten Free Mighty Tasty Hot Cereal  
GlutenFree Rolled Oats  
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  
Gorilla Munch Organic Cereal, 23 oz  
Koala Crisp Organic Cereal  
Leapin' Lemurs Peanut Butter & Chocolate Organic Cereal  
Peanut Butter Panda Puffs Organic Cereal

### **Lundberg Farms**

Organic Pure Creamy Rice Cereal

### **Nature's Path**

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

## 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  
Cinnamon Tortilla Chips 5.5 oz  
Lime Tortilla Chips 5.5 oz  
Multigrain Tortilla Chips 12 oz  
Potato & Chive Tortilla Chips 5.5 oz  
Sweet Potato Tortilla Chips 6 oz  
The Works! Tortilla Chips 6 oz  
Yellow Corn Tortilla Chips 11 oz

### Food Should Taste Good

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

### Hain Pure Food

Mini Munch Rice Snacks, Honey Nut  
Mini Munch Rice Snacks, Lightly Salted

### Lundberg Farms

Apple Cinnamon Rice Cakes  
Brown Rice Cakes  
Buttery Caramel Rice Cakes  
Honey Nut Rice Cakes  
Organic Brown Rice Cakes  
Organic Koku Seaweed Rice Cakes  
Organic Mochi Sweet Rice Cakes

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

### Lundberg Farms

Organic Popcorn Rice Cakes  
Organic Sea Salt Rice Chips  
Organic Sesame Tamari Rice Cakes  
Organic Tamari Seaweed Rice Cakes  
Organic Unsalted Brown Rice Cakes  
Organic Wild Rice Cakes  
Pico de Gallo Rice Chips  
Unsalted Brown Rice Cakes

### Mary's Gone Crackers

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

### Mr. Krispers

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

## Condiments

### Follow Your Heart

Caesar Dressing  
Honey Mustard Dressing  
Lemon Herb Dressing  
Organic Balsamic Vinaigrette Dressing  
Organic Creamy Miso Ginger Dressing  
Organic Italian Vinaigrette Dressing  
Sesame Dijon Dressing  
Sesame Miso Dressing  
Thousand Island Dressing  
Unforgettables Balsamic Barbecue Sauce, Mild  
Unforgettables Balsamic Barbecue Sauce, Spicy  
Unforgettables Balsamic Vinaigrette Sauce  
Unforgettables Balsamic Vinaigrette Sauce, Lowfat  
Vegenaise, Grapeseed Oil  
Vegenaise, High Omega-3 w/ Expeller-Pressed Canola Oil  
Vegenaise, Original

### Organicville

Organic Dressing, French  
Organic Dressing, Miso Ginger Vinaigrette

## Condiments (Cont'd)

### Organicville

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

### 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

### Bakery On Main

- Extreme Trail Mix Granola Bars

### Cherrybrook Kitchen Gluten Free Dreams

- Chocolate Chip Mini Cookies
- Vanilla Graham Mini Cookies

### Enjoy Life

- 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
- Sunbutter Crunch Snack Bars
- Very Berry Snack Bars

### EnviroKidz

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

## Cookies and Snack Bars (Cont'd)

### EnviroKidz

- 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

### Jennie's

- Almond Macaroons
- Coconut Macaroons

### Pamela's Products

- Ginger Cookies with Sliced Almonds
- Organic Spicy Ginger Cookies
- Peanut Butter Cookies
- Simplebites Ginger Mini Snapz

### WFM Gluten Free Bakehouse

- Molasses Ginger Cookies

## Crackers

### Foods Alive

- BBQ Organic Flax Crackers
- Hemp Organic Flax Crackers

### Mary's Gone Crackers

- Crackers, Black Pepper
- Crackers, Caraway
- 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 Agave Sweetened Soy Yogurt
- Blueberry Cultured Coconut Milk Yogurt
- Blueberry Dairy Free Yogurt
- Chocolate Cultured Coconut Milk Yogurt
- French Vanilla Coconut Milk Creamer
- 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
- Strawberry Banna Cultured Coconut Milk Yogurt
- Strawberry Coconut Milk Kefir
- Unsweetened Coconut Milk Beverage
- Vanilla Coconut Milk Beverage
- Vanilla Coconut Milk Kefir
- Vanilla Cultured Coconut Milk Yogurt
- Vanilla Dairy Free 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
- Salametti
- Sliced Authentic Prosciutto
- Sliced Black Forest Ham
- Sliced Genoa Salami
- Sliced Honey Ham
- Sliced Honey Maple Turkey
- Sliced Hot Genoa Salami
- Sliced Hot Soppressata

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

### Applegate Farms

- Sliced Organic 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
- 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

- Awesome Apricot
- Chai with Almonds
- Cherry Chocolate
- Chocolate Crisp
- Chunky Cherry
- Original with Almond
- Original with Peanut

## Entrees and Mixes

### Arrowhead Mills

- Gluten Free All Purpose Baking Mix
- Gluten Free Brownie Mix
- Gluten Free Chocolate Chip Cookie Mix

### Bob's Red Mill

- Gluten Free Chocolate Cake Mix
- Gluten Free Chocolate Chip Cookie Mix

## Entrees and Mixes (Cont'd)

### Bob's Red Mill

TVP (Textured Vegetable Protein)

### Chebe

Bread Sticks Mix, Garlic & Onion

Cinnamon Rolls Mix

Focaccia Flatbread Mix

### Cherrybrook Kitchen

Chocolate Frosting Mix

Vanilla Frosting Mix

### Cherrybrook Kitchen Gluten Free Dreams

Chocolate Chip Cookie Mix

Pancake & Waffle Mix

Sugar Cookie Mix

### Lundberg Farms

Organic Florentine Risotto

Organic Tuscan Risotto

### Namaste

Spice Cake Mix

Sugar-Free Muffin Mix

### Pamela's Products

Confetti Frosting Mix

Dark Chocolate Frosting Mix

Vanilla Frosting Mix

## Ethnic Foods

### Amy's

Organic Asian Noodle Stir-Fry

Organic Black Bean Enchilada Whole Meal

Organic Black Bean Tamale Verde 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, Mushroom & Onion

Organic Polenta, Traditional

## Ethnic Foods (Cont'd)

### Food Merchants

Organic Quinoa Polenta, Heirloom Red & Black

### Organicville

Organic Island Teriyaki

### World Foods

Thai Basil Curry 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 Tamale Verde 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 Cream of Rice Hot Cereal 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

Maple Breakfast Sausage

### French Meadow Bakery

Gluten Free Chocolate Chip Cookie Dough

Gluten Free Fudge Brownie

## Frozen Foods (Cont'd)

### 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  
Wafflewich, Egg & Maple Sausage, Wheat Free  
Gluten Free

### It's Soy Delicious

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

### Nature's Path

Organic Buckwheat Wildberry Waffles  
Organic Homestyle Waffles  
Organic Mesa Sunrise Waffles

### Organic So Delicious

Creamy Vanilla Non-Dairy Frozen Dessert  
Neopolitan Non-Dairy Frozen Dessert  
Non-Dairy Creamy Fudge Bar

### Purely Decadent

Blueberry Cheesecake 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

## Frozen Foods (Cont'd)

### Purely Decadent

Passionate Mango Non-Dairy Frozen Coconut Milk  
Dessert  
Peanut Butter Zig Zag 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  
Creamy Orange Bar  
Creamy Raspberry Bar  
Fudge Bar, Sugar Free  
Kidz Assorted Fruit Pops  
Orange Passion Fruit Agave Sweetened Fruit Bar  
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

### Bob's Red Mill

Organic Quinoa Grain

### Lundberg Farms

Eco-Farmed California Brown Basmati Rice  
Eco-Farmed California White Arborio Rice

## Grains and Rice (Cont'd)

### Lundberg Farms

- Eco-Farmed California White Basmati Rice
- Eco-Farmed Countrywild Gourmet Blend Rice
- Eco-Farmed Long Grain Brown Rice
- Eco-Farmed Short Grain Brown Rice
- Eco-Farmed Short Grain Brown Rice, 25 lb
- 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 Jasmine Rice
- Organic Golden Rose Medium Grain Brown Rice
- Organic Long Grain Brown Rice
- Organic Long Grain Brown Rice, 25 lb
- Organic Quick Wild Rice
- Organic Short Grain Brown Rice
- Organic Short Grain Brown Rice, 25 lb
- Organic White Long Grain Rice
- 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
- Organic Crunchy Peanut Butter, 16 oz
- Organic Crunchy Peanut Butter, 26 oz

### Earth Balance

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

## Meat Alternatives

### Bob's Red Mill

- TVP (Textured Vegetable Protein)

## Meat and Poultry

### Applegate Farms

- Chicken Apple Breakfast Sausage
- Maple Breakfast Sausage
- Organic Beef Hot Dogs
- 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 Hot Dogs
- Peppered Bacon
- Sliced Organic Turkey Bacon

## 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, Linguine 8 oz
- Quinoa Supergrain Pasta, Rotelle 8 oz
- Quinoa Supergrain Pasta, Shells 8 oz
- Quinoa Supergrain Pasta, Spaghetti 8 oz
- Quinoa Supergrain Pasta, Veggie Curls 8 oz

### Bionaturae

- Organic Gluten Free Elbows Pasta
- Organic Gluten Free Fusilli
- Organic Gluten Free Spaghetti

### DeBoles Foods

- Corn Spaghetti
- Multi-Grain Penne

## **Pasta (Cont'd)**

### **DeBoles Foods**

- 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

## **Pasta Sauce**

### **Amy's**

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

## **Prepared Foods**

### **Food Merchants**

- Organic Polenta, Basil & Garlic
- Organic Polenta, Mushroom & Onion
- Organic Polenta, Traditional
- Organic Quinoa Polenta, Heirloom Red & Black

## **Sauces, Salsas and Dips**

### **Amy's**

- Organic Black Bean & Corn Salsa
- Organic Medium Salsa
- Organic Spicy Chipotle Salsa

### **Follow Your Heart**

- Unforgettables Balsamic Barbecue Sauce, Mild
- Unforgettables Balsamic Barbecue Sauce, Spicy
- Unforgettables Balsamic Vinaigrette Sauce
- Unforgettables Balsamic Vinaigrette Sauce, Lowfat

## **Sauces, Salsas and Dips (Cont'd)**

### **Organicville**

- Organic Island Teriyaki

### **World Foods**

- Thai Basil Curry 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 Curried Lentil Soup
- Organic Fire Roasted Southwestern Vegetable Soup
- Organic Lentil Soup
- Organic Lentil Soup, Light in Sodium
- 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 Split Pea Soup, Light in Sodium
- 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
- Corn & Lemongrass Soup 32 oz
- Creamy Tomato Soup 16 oz

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

### **Imagine Foods**

- 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 Potato Soup, Low Sodium 32 oz
- Organic Sweet Pea 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
- Tomato Basil Soup 32 oz
- Vegetable Broth 16 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