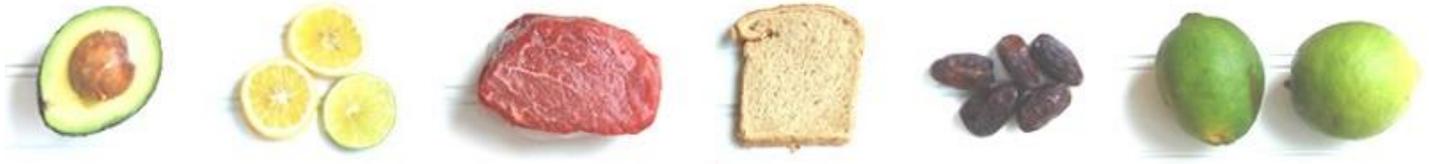


# Val's Healthy Shopping List

THE ONLY SHOPPING LIST AND PRODUCT GUIDE YOU'LL EVER NEED

[VALERIECOGSWELL.COM](http://VALERIECOGSWELL.COM)



Ready to shop? Please make sure to read my [Shopping Tip Sheet first](#) and please remember to **ALWAYS** review each product's food label and ingredient list before eating to make sure that you are not allergic to or have sensitivities to any ingredient.

## FRUIT

*Tips: Aim to eat a variety of colorful fruit each day! Fresh or frozen fruit is great. Dried all natural fruit should be eaten sparingly due to the high sugar content. Also look for dried fruit that is unsweetened or sweetened with fruit juice, not white sugar. The following fruits are best to purchase organic:*

peaches

strawberries

apples

domestic blueberries

imported grapes

nectarines

cherries

pears

red raspberries

*Here are my favorite fruits and why:*

**mango** - is high in vitamin A and fiber. It has a buttery texture which is perfect for my Exclusive [Mango Chia Pudding](#). And you've got to try my favorite dessert, [Mango Strawberry Crumble](#)

**pineapple** - I cheat and buy it pre-cut

**raspberries** - are one of my favorite anti-aging fruits. I use them in a [Fruit and Veggie Smoothie](#) that my mom taught me how to make.

**strawberries** - are high in Vitamin C

**blueberries** - are loaded in anti-aging antioxidants. I use blueberries in my favorite [Skillet Berry Cobbler](#).

**halos** - are a deliciously sweet alternative to oranges

**bananas** - add body and sweetness to healthy baked goods, pancakes and smoothies. Try my [Banana Almond Smoothie](#).

**lemon** - I finish a lot of dishes with fresh lemon and use it to drizzle over salad with extra virgin olive oil, sea salt and pepper

**lime** - I add lime to soups, smoothies (like my [Ginger Lime Lean Green Protein Smoothie](#)), vinaigrettes and stir-fry's

**avocado** - is technically a fruit, but consider it a heart healthy source of fat

**Medjool dates** - can be used in place of sugar to naturally sweeten homemade desserts (chop the dates and blend with other baked good ingredients in a food processor), oatmeal and smoothies. Like all dried fruit, medjool dates are high in sugar and have a lot of calories, so use sparingly. Try them in my [Mango Strawberry and Pistachio Oat Crumble](#).

## VEGETABLES & HERBS etc.

*Tips: Eat a variety of colorful vegetables each day. Ideally purchase the following vegetables organic:*

celery

cucumbers

sweet bell peppers

hot peppers

spinach

kale

collard greens

potatoes

lettuce

carrots

imported snap peas

cherry tomatoes

*Now for a few of my favorites...*

**grape tomatoes** - I slice em' in half, season with sea salt and black pepper and let them marinate for a bit before tossing in my pasta or green salads. I also like to toss seasoned, halved grape tomatoes with extra virgin olive oil, herbs and garlic in a sauté pan. As the tomatoes cook, they make a natural, flavorful sauce that is delicious over brown rice or pasta.

**carrots** - try tossing them with olive oil and spices like cumin, paprika, fresh herbs and honey and roasting them until caramelized. Try my [Carrot Ginger Soup with Mascarpone Cheese and Pomegranates](#).

**beets** - you can cheat and buy them pre-roasted and cut at your market's salad bar

**sweet potatoes** - are loaded in vitamins and fiber

**parsnips** - try slicing into "fries" and roasting with olive oil, fresh herbs and garlic or try or my Shepherd's Pie recipe topped with a cloud of creamy parsnip puree [here](#).

**cauliflower** - When I'm craving creamy mashed potatoes or comfort food, I make creamy mashed cauliflower instead. Find my [Creamy Cauliflower Puree recipe here](#).

**greens** - like fresh arugula, spinach, baby kale, mixed greens... I love em' all! Load up on greens to stay young and help to prevent disease. I get my greens by eating a salad every day like my [Energy Salad with Scallops and Citrus Dressing](#) and drinking my [Ginger Lime Lean Green Protein Smoothie](#). Just stay away from iceberg lettuce because it's nutritionally void.

**garlic** - adds depth, flavor and phytochemicals that can help ward off disease and is virtually calorie free

**shallots** - are a Chef's best friend and key to a delicious sauce, vinaigrette or any savory dish. The flavor is a mellow mix of onion and garlic. Just peel, chop and use like you would a tiny onion.

**fresh herbs** - like thyme (my favorite), cilantro, basil (buy the little basil trees at the supermarket, they last longer than basil in the package) and dill will add tons of flavor to your food without any calories. Most of my recipes use fresh herbs because they add a ton of flavor without any calories which is important when cooking lean. Try fresh herbs in my [Shepherd's Pie recipe](#).

## SALAD DRESSING

*Tips: I prefer making my own salad dressing by whisking together minced garlic or shallot, fresh lemon juice, extra virgin olive oil, sea salt, fresh ground black pepper, chopped fresh herbs and honey. If I'm going to buy a bottled salad dressing, I choose all natural dressings from the refrigerated section at the market that include ingredients I can pronounce and are free of artificial ingredients, corn syrup or MSG.*

*Here are a few that I like:*

**Tessamae's All Natural Dressings and Dips** - is the most natural dressing I can find. It's in the refrigerated section near produce.

**Cindy's Kitchen All Natural Salad Dressing** - can be found in the refrigerated section near produce.

## BEEF

*Tip: I recommend organic, grass-fed beef to prevent consuming cattle that is treated with or fed hormones and antibiotics. Here are my favorite lean cuts of beef.*

**filet mignon** - is my favorite cut of red meat because it's ridiculously tender, juicy and lean. It's delicious grilled or fried in a quality frying pan with a touch of extra virgin olive oil. Learn how to cook a [restaurant-style filet here](#).

**97% - 99% lean ground beef** - is lower in fat compared to most ground beef options

**flank steak, skirt steak or flat iron steak** - are lean beef options that are ideal for marinating, grilling and slicing in fajitas and stir-fry's. Find my favorite [antioxidant-rich marinade here](#).

**Tanka Buffalo Meat Stick** - an on-the-go protein option that is gluten free with no hormones, antibiotics or added nitrites or nitrates.

## POULTRY

*Tip: I recommend organic chicken because it's free of hormones, antibiotics and pesticides*

**bone in, skin-on chicken breast** - is my favorite kind of chicken to prepare in bulk for the week. Why bone in, skin on? When you roast or bake chicken with the bone in and skin-on, you retain more moisture and flavor. Then simply remove the skin before serving. I also like using cooked chicken in place of deli meat in sandwiches and on top of salads.

**boneless, skinless chicken breast**- is great for marinating and grilling. Try it in my [Chicken with Mango Corn and Black Bean Salad recipe](#).

**93% lean ground turkey** - is my preferred ground poultry to cook with. It has just enough fat to add flavor and moisture. Check out my ground turkey recipes like [Spring Lover's Meatloaf](#), [Farmer's Market Meatloaf](#), [Maple Apple Turkey Sausage](#) and others in the Main Dish category of my website [here](#).

**93% lean ground chicken** - is an alternative to ground turkey

**rotisserie chicken**- is ideal for busy nights and quick stir fry's or to top a salad. Just remove the skin.

**Applegate The Great Organic Uncured Turkey Hot Dog** - is a healthier alternative to the average hot dog and a quick organic source of protein. There are no nitrates added and it's gluten free, antibiotic free and filler free with only three grams of fat and 7 grams of protein. Each hot dog has 350 mg of sodium, so don't go overboard.

## PORK

*Tip: I recommend organic pork. My favorite lean cuts are below.*

**pork tenderloin** - is lean and easy to sear in a frying pan and finish in the oven at 350 degrees until no longer pink. Or simply bake without searing in a 350 degree oven.

**pork loin**

**uncured bacon** – Aaah, bacon. If you're gonna eat bacon, look for all-natural, "uncured" bacon that is free of hormones and pesticides. Uncured bacon is actually cured, but it is not cured with synthetic nitrates or nitrates that may potentially cause cancer. Whole Foods offers a great variety of all-natural, uncured thick-cut bacon. Try uncured bacon in my [Kale White Bean and Bacon Soup](#).

## SEAFOOD

*Tip: There is currently a ton of controversy over "organic seafood". Here's what I know for sure- seafood is an amazing source of protein and pretty delicious when prepared correctly. Here are a few of my favorites:*

**scallops**- are a delicious source of protein when seared and caramelized. Check out my [Seared Scallops with Creamy Carrot Puree recipe here](#).

**shrimp** - is a lean source of protein that takes only minutes to stir-fry in a pan. I like to buy big bags of frozen shelled and deveined shrimp (either raw or cooked) in the seafood department and keep it in my freezer for last minute meals.

**salmon** - is rich in heart healthy fats, antioxidants and protein. Choose wild over farmed.

**haddock**

## EGGS

*Tip: I recommend organic eggs*

**real, whole eggs are best** - use one yolk for every 2 to 3 whites to reduce the fat while keeping some of the richness and flavor

## DAIRY

*Tip: Because dairy can cause inflammation, mucus production and indigestion, I indulge sparingly. On occasion, I'll have real butter, cheese or Greek yogurt. Ideally aim for organic dairy products to avoid synthetic hormones and chemicals.*

**plain Greek yogurt**- is high in protein and low in sugar compared to regular yogurt and is an excellent alternative to use in place of high fat sour cream and mayonnaise in recipes or sandwiches. I like to sweeten plain Greek yogurt with organic honey or agave nectar, pure vanilla and fresh fruit for a delicious and balanced snack. Try my [Chia Mango Yogurt recipe](#).

**real cheese or reduced-fat cheese** – I occasionally eat cheese and when I do, I go for the real thing. Skip low-fat cheese (it's dry and doesn't melt well), but reduced-fat tastes good and saves you some fat calories. If you like cheese, you'll love my [Game Day Chicken Quesadillas](#).

**real butter** - If you're not dairy-free, I recommend to use real butter. Just use it sparingly since it is high in fat and saturated fat.

## DAIRY ALTERNATIVES

**All Natural Blue Diamond Almond Breeze Unsweetened Almond Milk** - I use unsweetened almond milk in place of dairy milk. It's loaded in Vitamins D and E, plus calcium, Vitamin A and minerals. I happen to like this brand the best. Try almond milk in my [Banana Almond Smoothie](#) and my [Creamy Protein Pops](#).

**unsweetened coconut milk** - is another great alternative to dairy milk. Try it in my [Pina Colada Protein Pops](#).

**unsweetened coconut yogurt** - is a dairy free alternative, but does not contain much protein which is why I still prefer plain Greek yogurt. You can boost the protein content by stirring in your favorite protein powder or hemp hearts. Sweeten it yourself with organic honey or agave nectar, pure vanilla and fresh fruit.

**Earth Balance Soy Free Buttery Spread** - is dairy free and soy free. I use this regularly because it tastes great and spreads easily.

**coconut cream** - is a popular, home-made dairy free whipped topping substitute made from coconut milk. Find my recipe for [Vanilla and Chocolate Spice Coconut Crème here](#).

## BREAD & BREAD PRODUCTS

*Tips: Organic bread is ideal because it contains significantly less potentially harmful pesticides compared to non-organic bread. I personally use gluten free bread because gluten bloats me.*

*Gluten free options:*

**Deland Bakery Bread** - offers many gluten-free and organic options. In addition to their gluten-free Oatmeal Bread, they offer an Oatmeal Bread that is not labeled gluten-free and that according to the company may contain small amounts of gluten and wheat (so skip it if you're allergic) because it's not made in their gluten free facility. I like this version because the only ingredients are oatmeal flour, filtered water, baking soda and sea salt. Find Deland Bakery Bread in the freezer section.

**Canyon Bakehouse Gluten Free 7 Grain Bread** - is not organic but tasty with all natural ingredients. You can find it in the freezer section.

**Ian's Gluten Free Bread Crumbs** - have no preservatives or artificial ingredients, flavors or colors and are non-GMO. I bread with these often and they taste just like regular bread crumbs.

**Glutenfreeda Artisan Flatbread and Pizza Crust** - is all-natural, gluten free, wheat free, trans-fat free and non-GMO. I love this product because it's delicious and versatile!

## *Whole grain or Whole Wheat Bread:*

*The criteria for healthy whole wheat bread is simple. Make sure the food label says “whole wheat” and 100% whole wheat flour as the first ingredient. Aim for at least 2 grams of fiber per slice (preferably more). Wraps or “flats” should have 3 or more grams of fiber per serving. Again, going organic helps to reduce harmful pesticides and additives found in most commercially made breads.*

**Food For Life (Ezekiel's) Organic Sprouted Grain Breads** – are all natural, organic, high in fiber and available in the freezer section at many super markets

**Whole Foods Organic 100% Whole Wheat Bread**

**Vermont Bread Company Organic Whole Wheat Bread**

**Ian's Whole Wheat Panko Bread Crumbs** - add a ton of texture to breaded items and do not contain preservatives, artificial flavors or colors

## **NUTS, NUT BUTTERS & SEEDS**

*Tips: Look for dry roasted or raw nuts and all natural, un-processed nut butters (the only ingredient in the nut butter should be the nuts and/or salt).*

peanuts

almonds

cashews

pistachios

walnuts

pecans

**all natural nut butter** - like peanut, almond or cashew. Try all natural peanut butter in my [Spicy Peanut Coconut Sauce](#).

**chia seeds** - are a complete source of Vegan protein and are high in fiber, Omega fats and calcium. Both the black and white chia seeds have the same nutritional content and they are incredibly versatile. Try em' in my [Exclusive Mango Chia Pudding Recipe](#).

**Manitoba Harvest Hemp Hearts Raw Shelled Hemp Seeds** – are a Vegan complete source of protein with healthy fat, fiber and minerals. Sprinkle on salad, in oatmeal, smoothies, yogurt and baked goods.

## SWEETENERS & FRUIT SPREAD (JAM)

**Tips:** Skip nutritionally-void, processed white sugar; it can cause major blood sugar spikes and weight gain. Though the following sweeteners are natural, it's best to make sure they are organic. This ensures that no preservatives, artificial coloring or chemicals were added. And remember, even natural sweeteners are still high in calories and can cause a spike in blood sugar, so use sparingly.

**organic honey** - I love honey's thick viscosity when whisked into a salad dressing and I use it often to replace traditional sugar in baked goods. Try honey in my [Chicken with Mango, Corn and Black Bean Salad](#) and [Seared Scallops with Carrot Puree and Micro Green Salad](#)

**organic agave nectar** - is similar to honey but may have less of a spike on your blood sugar because it's lower on the GI Index. Agave nectar has a thinner viscosity and more of a burnt flavor than honey. I use it in baked goods, smoothies and to top pancakes.

**organic pure maple syrup** - is an ideal substitute for imitation maple syrup (which is typically made of corn syrup with color and flavor added.)

**organic coconut palm sugar** - is a great to use in place of traditional sugar. It offers small amounts of vitamins, minerals and phytonutrients compared to white sugar.

**raw cacao powder** - contains antioxidants and is an ideal replacement for processed cocoa powder. Find it in the bulk section at your local market or Whole Foods.

**cacao nibs** - contain antioxidants and can be used in place of chocolate chips. They're bitter so take that into account when sweetening whatever recipe you use them in.

**Bionaturae Organic Fruit Spreads** - is an awesome alternative to traditional jams and jellies. It's made with real, fresh fruit and all natural sweetener (read: no sugar or hydrogenated corn syrup found in most jams and jellies.) It also naturally contains high levels of Vitamin C.

**Medjool dates** - I'm mentioning these again because Medjool dates can be used in place of sugar by combining them in a food processor with other ingredients when preparing baked goods. You can also use them in smoothies or oatmeal.

## FLOUR

**Tip:** Avoid refined white flour because it lacks fiber and can easily spike blood sugar. Here are my favorite non-white flours. Though every recipe is different, I typically use a combination of two or more of these flours when baking. Even if you're not gluten free, the majority of the flours below are typically healthier options because they contain vitamins and/or fiber. Try gluten free flour in my [Skillet Berry Cobbler](#) and my [Mango Strawberry and Pistachio Oat Crumble](#).

**Bob's Red Mill Whole Grain Gluten Free Oat Flour** - is made of just ground oats

**Bob's Red Mill Gluten Free All Purpose Almond Meal/ Flour** - is made of just ground almonds

**Arrowhead Mills Organic Gluten Free Brown Rice Flour** - is made of just brown rice

**Namaste Foods Gluten Free Perfect Flour Blend** - is a versatile alternative to an all-purpose flour. It is made of a blend of sweet brown rice flour, tapioca flour, arrowroot flour, sorghum flour and xanthan gum and contains no preservatives, gluten, wheat, soy, corn, potato, peanuts, tree nuts, dairy or casein.

**Cup for Cup Gluten Free Flour** - is gluten free and made of cornstarch, white rice flour, brown rice flour, milk powder, tapioca flour, potato starch and xanthan gum. Though it lacks the fiber and vitamins that some of the other gluten free flours have, it's a good option for anyone that likes the taste, texture and performance of traditional white flour.

## BAKING MIXES

*Tips: I'm a huge pancake and muffin fan but most mixes contain artificial ingredients, corn syrup and nutritionally-void white flour. The following alternatives are nutritious and delicious.*

**The Cravings Place All Purpose Pancake & Waffle Mix** - tastes like traditional pancake mix without all of the artificial ingredients. It is gluten free, wheat free, nut free, dairy free and egg free. Just add water and mix-ins like fruit, nuts, protein powder, chia seeds, hemp heart seeds and pure vanilla extract etc.

**Zemas Madhouse Foods Multigrain Pancake, Waffle Mix and More** - is gluten free, vegan, full of hemp, chia seeds and flax meal. You add the eggs, a liquid like almond milk, olive oil and sweetener like honey, agave, mashed banana or pure maple syrup.

**Namaste Gluten Free No Sugar Added Muffin Mix** - is gluten free, dairy free, nut free and versatile. It contains zero sugar (and oddly no instructions on how to sweeten) so I like to add pure vanilla extract, about 1 cup of pureed fruit like banana or mango and about  $\frac{3}{4}$  cup of organic honey for natural sweetness.

## CEREALS

*Tips: Look for all-natural cereals with at least 3 grams of fiber per serving and ingredients that you can pronounce. It can be difficult to avoid white sugar in most sweet cereals so ideally aim for less than 7 grams of sugar per serving. And I know I promised I wouldn't get too much into the "balance" on this list, but please add protein to your breakfast cereals, whether it be plain Greek yogurt, egg whites or a protein shake on the side; you'll feel better all day long. Here are a few of my favorite cereals.*

**Nature's Path Organic Sunrise Gluten Free Crunchy Vanilla Cereal**

**Paleonola Grain Free, Gluten Free Apple Pie Granola** - is ridiculously delicious

**Udi's Gluten Free Simple Granola** - contains very few ingredients and is all natural

**Kind Healthy Grains Clusters Cereal** - is gluten free

**Engine 2 Plant Strong Rip's Big Bowl Banana Walnut** - is all natural with tons of whole grains and sweetened with dates and banana. There is no sugar added.

**whole oats** – skip pre-flavored oatmeal and sweeten plain whole oats yourself with pure vanilla extract, cinnamon, fresh fruit like berries, banana and a drizzle of honey or agave nectar. If you're gluten free, look for oats that say gluten free on the label.

## SWEET TREATS

*Tips: Dessert is one of my favorite topics! Ideally you would stabilize your blood sugar with every meal including dessert. And while many of my dessert recipes (find em' [here](#)) are designed to stabilize blood sugar, I also believe in treating yourself with wholesome desserts with added vitamins, fiber and antioxidants on occasion, even if they do not stabilize blood sugar. The following sweets are naturally healthier than processed desserts. If you'd like to help keep your blood sugar stable while indulging in dessert, simply watch your portion sizes and enjoy immediately after having some lean protein (like egg whites, chicken breast or even protein powder mixed with water). Sounds weird, but it does the trick.*

**Barbara's Multigrain Fig Bars** - are the all-natural version of a Fig Newton with fiber and no white sugar.

**Emmy's Macaroons** - are a pricey but delicious, raw, all-natural, gluten-free treat (I like them better than Coco-Roons which are more popular). The nutrition breakdown on the label is for one cookie only so keep an eye on your portion sizes.

**Nana's No Gluten Chocolate or Lemon Cookies** - have no eggs, dairy or refined sugar. I LOVE the chocolate but my mom swears by the lemon. They're sold as one big cookie individually wrapped and may be tucked away in the cookie aisle at places like Whole Foods.

**Chia Pod** (found in the refrigerated section) - are a dairy free, vegan, delicious, portable pudding made of chia seeds mixed with coconut milk and all natural fruit or vanilla. I like to add hemp seeds on top for additional protein.

**Bare Crunchy Organic Simply Cinnamon, Medley, Great Granny or Fuji Red Apple Chips** - are made of just apples and are gluten free, organic, non-GMO and a great source of fiber

*\*See frozen sweet treats too!*

## OIL & NON-STICK COOKING SPRAYS

*Tips: Aim for natural oils that are full of unsaturated fat (polyunsaturated and monounsaturated fat) to decrease your risk of heart disease and high cholesterol and non-stick cooking sprays that are propellant and chemical free.*

**extra virgin olive oil** - is what I primarily use for my cooking needs

**nut oils**

**organic unrefined coconut oil** – the exception to the “avoid saturated fat” rule may be coconut oil, which is mostly saturated fat. The saturated fat in coconut oil is a medium-chain fatty acid and according to some health experts, might not negatively impact cholesterol.

## flax oil

**365 Everyday Value Brand Organic Extra Virgin Olive Oil Cooking Spray** – is specific to Whole Foods and contains no additives or propellants. Use generously to prevent sticking.

**Bertoli 100% Olive Oil Spray** – offers a variety of sprays for different uses such as sautéing, spraying baking pans and even a kind that you can spray directly on your food. It is propellant and chemical free.

**La Tourangelle 100% Organic Extra Virgin Olive Oil Spray** - is my favorite all-around propellant free spray.

## SPICES

*Tip: Spices bring a meal to life without adding additional calories.*

*My favorites are:*

garlic powder

paprika

cumin

cinnamon

nutmeg - I use nutmeg in both sweet and savory recipes to add warmth and depth

sea salt - is my favorite salt

red pepper flakes - I rub them in my hands first to release the heat and then add to a dish for some kick

white pepper - has a subtle flavor and less of a kick than black pepper

fresh ground black pepper

## PRE-MADE SOUPS & BROTH

*Tips: When searching for chicken, beef or vegetable stock or broth, look for organic, MSG free and low sodium. Actual soups, sold in a can or carton are tricky because they will usually contain some kind of artificial ingredient. The following brands offer natural soups or as close to natural as you'll find.*

**Amy's Organic Soups** – are non-GMO with lots of flavors and options to accommodate special diets (gluten free, soy free etc.). The lining of the cans are BPA free.

**Pacific Organic Soups** - are organic and non-GMO with lots of flavors and options to accommodate special diets

## SAUCES & MORE

*Tips: Look for sauces that are natural without a ton of white sugar added*

**vinegar** - is a great low calorie flavoring option but many contain gluten, so read the label and ingredient list carefully if you're gluten-free

**Wing Time Buffalo Wing Sauce** - is all natural, gluten-free, sugar -free and delicious. Try it on my [Buffalo Chicken Tenders](#).

**Lee Kum Kee Sriracha Chili Sauce** - is gluten free with no artificial colors or flavors

**San-J Organic Tamari Gluten Free Soy Sauce** - I keep it on hand for when I order sushi and for stir-fry's

**Organicville Original BBQ Sauce** - is gluten free and sweetened with Agave nectar instead of sugar

## CANNED TOMATOES & TOMATO SAUCE

*Tips: I recommend canned organic tomatoes (preferably BPA free), or buying crushed or diced tomatoes in a jar. When buying tomato sauce, look for tomatoes, not tomato paste, as the first ingredient. Surprisingly, I have found that it's really tough to find an organic tomato sauce with real tomatoes, not tomato paste as the leading ingredient. Here are some popular brands of tomato sauce that are natural (most are not organic) and use primarily use tomatoes, not tomato paste:*

**RAO's Homemade Tomato Sauce**

**Victoria All Natural Tomato Sauce**

**Pastene "The Chateau Restaurant" Tomato Sauce**

**Poblano Farm Pasta Sauce**

**Dave's Gourmet Organic Pasta Sauce**

## PASTA & GRAINS

*Tips: While I prefer gluten-free brown rice pasta, whole wheat pasta is okay too. Skip nutritionally-void white pasta because it's essentially empty calories.*

**Felicia Bio Brown Rice Pasta** - is my favorite gluten-free pasta. Its non-GMO and tastes just like regular whole wheat pasta.

**Tinkyada Rice Pasta** - is gluten-free

**whole wheat pasta** - If you're not gluten-free, go for whole wheat pasta for the added fiber

**quinoa** - is a great source of Vegan protein, really versatile and naturally gluten free (though some products containing quinoa will not be gluten free.)

**farro** - is a chewy grain that is delicious tossed with olive oil and lemon, herbs and veggies (it's not gluten free.)

## RICE

*Tips: Stick to brown rice (white rice offers no nutritional benefits) and be extra careful if purchasing a packaged brown rice- most contain artificial ingredients and a lot of sodium.*

**brown rice** - is naturally gluten free. Try brown basmati or brown jasmine rice for a fragrant change of pace.

**Seeds of Change Certified Organic Brown Rice** (Microwave in the Pouch Packets) – is pre-cooked so you can easily heat up in the microwave or a skillet in minutes. It is all-natural with no preservatives, no artificial colors or flavors.

**Lundberg Organic Gluten Free Whole Grain Spanish Rice** - I'm not a fan of most pre- seasoned rice mixes, but this stuff is delicious and contains all-natural ingredients.

## BEANS

*Tips: While dried beans are always best, most people don't have the time to soak and cook them (I don't). Canned beans are okay as long as they are organic, BPA-free and low sodium. Check out my [White Bean and Rosemary Salad recipe](#).*

dried beans

canned beans

## CHIPS & SAVORY SNACK FOODS

*Tips: Aim for crunchy snacks that are all-natural and non-GMO.*

**Terra Vegetable Chips** - are non-GMO with a ton of gluten free options and made from real, whole vegetables and sweet potatoes. I love the Sweets and Beets and Sweets and Carrots.

**Late July Organic How Sweet Potato It Is Multigrain Tortilla Chips** - are organic and non-GMO with gluten free options

**Simply Sprouted Way Better Snacks Tortilla Chips** - are gluten free and non-GMO

**Saffron Road Crunchy Chickpeas** – are non-GMO, gluten free, crunchy and delicious

# PROTEIN SUPPLEMENTS

*Tip: Having high quality protein supplements on hand is important for a busy, fit lifestyle. Most protein bars are really just glorified candy bars. Ideally what you should look for in a protein bar is equal amounts of protein compared to carbohydrates or slightly more protein than carbohydrates. All protein bars will include some fat, which helps to keep you satisfied. I prefer hydrolyzed whey protein powder or the Vegan protein powder options listed below.*

**Power Crunch Original Energy Bars** - have a good balance of protein, carbohydrates and fat and are made of hydrolyzed protein that is easy to digest and absorb. Plus they taste like those old-school cookie wafers from back in the day.

**Power Crunch Proto Whey Protein Powder** - I like their protein powder because like their bars, the protein is hydrolyzed meaning its tiny molecules are already broken down and very easy to digest, so no gas or bloating. Try this protein powder in my [Cheesecake Custard with Raspberries and Graham Cracker Crunch](#) and my [Pumpkin Mocha Custard with Choklat Crunch](#).

**Rise Protein Bars** - have a great balance of protein, carbs and fat. Just make sure to get the protein version. They are gluten free, soy free and peanut free and made with minimal ingredients such as whey protein isolate, nuts or honey etc.

## *Vegan Protein Bars:*

*Tip: When it comes to Vegan protein bars, it's nearly impossible to achieve great ratios of protein to carbohydrates (the carbs will always be higher). The following list of natural Vegan bars taste great and offer some beneficial protein.*

**Pure Organic Bars** - are all natural, gluten free, vegan, organic, high in fiber and really delicious

**The GFB Gluten Free Bars** - are vegan, non-GMO and high in fiber with 11 grams of protein

**GoMacro High Protein Macrobars** - are vegan, gluten free and organic

## *Vegan Protein Powder and Protein Drink Options:*

**SunWarrior Warrior Blend Raw Vegan Protein** - is a great source of vegan protein and is gluten free, soy free and dairy free. I like it mixed with almond milk, fruit and nut butter.

**Nutiva Hemp Protein** - is just hemp with no additives and has 15 grams of complete protein and 8 grams of fiber per serving. I like it mixed with almond milk, fruit and nut butter.

**Manitoba Harvest Hemp Hearts Raw Shelled Hemp Seeds** - is a vegan complete source of protein with healthy fat, fiber and minerals. I like to blend it into my smoothies or mix it into pancake batter.

# FROZEN FOOD

**Tips:** Frozen fruit and vegetables are great. See my organic suggestions in both *Fruit and Vegetable* categories above. Watch out for frozen fruit that contains added sugar (ingredients include fruit only) and frozen vegetables with added sauces (ingredients should include vegetables only).

**Applegate Naturals Chicken and Sage Breakfast Sausage** - I have a weird obsession with breakfast sausage (I love em' almost as much as pancakes). These are all natural, casein free, gluten free, dairy free and heat up quickly. They are almost as good as my [Maple Apple Turkey Sausage recipe](#). Almost.

**Against the Grain Gourmet Pizza** - is gluten free and delicious. If I'm going to indulge in a frozen pizza, this is the brand I'm going for.

**American Flatbread Homemade Thin and Crispy Pizza** - is a healthier and delicious frozen flatbread pizza made with all natural ingredients.

## FROZEN SWEET TREATS

**Tips:** See my notes under *Sweet Treats*.

**Luna & Larry's Organic Coconut Bliss Non-Dairy Frozen Dessert Bars** - are gluten free, dairy free and made with all natural coconut milk and sweetened with agave nectar. They are to die for.

**Luna & Larry's Organic Coconut Bliss Non-Dairy Frozen Dessert** - is just like ice cream but better and gluten free, dairy free and sweetened with agave nectar. It's very rich and creamy, so make it a once in a while treat.

**Forte Gelato** - is a rich traditional gelato made with dairy but deceptively lean and loaded in protein. I love all four flavors. It can be tough to find but you can order online or use the product locator on their website.

## DRINKS

**Tips:** I recommend plain old H2O to hydrate and tea. If you're a fruit juice fan and looking for healthier options, see my suggestions below.

water

green tea

black tea

**Red Jacket Apple Juice** - is all-natural, 100% fruit juice that is unfiltered and cold-pressed with no sugar or water added. Find in the refrigerated section. I love the Strawberry Apple Juice.

**Evolution Fresh Cold Pressed Juice** - is an all-natural, cold-pressed juice that comes in tons of flavors. Find it in the refrigerated section.