

# Products We Recommend

Shopping can be challenging and reading labels can be time consuming. We recommend the following items based on their limited ingredients.

If you can't find these specific brands in your local store, it's best to purchase similar products. It's important to note that we recommend unsalted beans and broths. If you're unable to find unsalted, we suggest choosing low sodium when possible.

*Food for Life organic  
sprouted corn*

Tortillas



*So Delicious  
Unsweetened Vanilla  
Coconutmilk Yogurt  
Alternative*

Unsweetened Vanilla  
Plant Based Yogurt



*Pacific Foods  
Organic Low Sodium*

Vegetable Broth



*Kite Hill Plain  
Unsweetened  
Almond Milk Yogurt*

Plain Unsweetened  
Plant Based Yogurt

