

BRAND RECOMMENDATIONS



Item	Brand
Almond Flour	Bob's Red Mill
Apple Cider Vinegar	Bragg's
Maple Syrup	Coombs Family Farms
Ghee	Organic Valley
Chicken Stock	Bonafide Provisions
Mayonnaise	Chosen Foods
Coconut Aminos	Coconut Secret
Rice Vinegar	Maruken
Coconut Flakes	Let's Do Organic
Coconut Milk	A Taste of Thai or 365 Brand
Coconut Oil, unrefined	Spectrum
Kefir	Maple Hill Creamery
Kombucha	GT's Kombucha
Milk, whole	Mill-King
Raw Cacao	Navitas Naturals
Sauerkraut	Farmhouse Culture
Almond Butter	Maranatha
Cheese, raw and aged	Organic Valley
Hummus	Hope
Lunch Meat	Applegate
Powered Greens	Designs for Health
Protein Powder	SFH
Tuna	Safe Catch
Yogurt, grass-fed	Maple Hill Creamery
Grain-free tortillas and chips	Siete Foods
Butter, grass-fed	Kerrygold
Coconut Flour	Bob's Red Mill
Eggs	Vital Farms
Salmon, canned	365 Everyday
Sprouted bread	Ezekiel
Sweet Potatoes, canned	Farmer's Market
Chipotle Mayo	Primal Kitchen
Jasmine/Basmati Rice	Lundberg Farms
Pumpkin Puree	Farmer's Market
Mustard	Sir Kensington's
Soy Sauce	San-J Tamari
Gluten-free rolled oats	Bob's Red Mill
Fire Roasted Canned Tomatoes	Muir Glen
Coconut Water	Zico

