



#### Condiments I'm Obsessed with:

- Primal Kitchen - mayo, spicy mayo
- Chosen Foods mayo and avocado oil spray
- Gomasio by Eden Foods
- Mother Raw - everything (buy 6 items and get free shipping)
- Fermented Foods ([real pickles](#), hawthorne valley, wild brine, farmhouse cultures)
- Hidden Natures organic Everything bagel seasoning
- Braggs Nutritional Yeast and anything here
- Organicville BBQ sauce
- Organicville Mustard - mix in 1 tsp honey with 1-2 tbsp and you have honey mustard
- Bariani Olive Oil
- Salt - Redmond Real Salt and Celtic Sea Salt
- [Cheezio](#) - makes a yummy vegan cheese sauce

#### Spices

- Organic Frontier Coop
- Simply Organic
- Eden Organics go masio

#### Ice Creams & Nice Cream (v)

- Eat Dirty Spoon - my fav! <https://eatdirtyspoon.com/>
- Cosmic Bliss <https://www.cosmicbliss.com/collections/pints> (v and dairy)
- Dream Pops
- Coconut nectars
- Make Your Own -
- Spoonable Smoothies <https://eatsweetnothings.com/collections/spoonable-smoothies>

#### 100% Organic Meal Services

1. [The Good Kitchen](#)
2. Daily Dose
3. Provenance = my fav bc it's onDemand
4. Green Chef
5. Sakara Life
6. [Pete's Paleo](#)
7. [Urban Remedy](#) - they also sell in kiosks at Whole Foods
8. Daily Harvest

#### Soups & Bone Broths & Kitchari

1. Daily Harvest
2. Karine & Jeff
3. Brodo bone broth and soup
4. Bonafide Provisions bone broth and soup
5. Fond Bone Broth <https://fondbonebroth.com/>
6. Divya's Kitchari <https://divyas.com/product/the-starter-kit-2/>
7. <https://oceanshalo.com/products/seaweed-broths/>

#### Vegan Burgers and Vegan Protein

1. <https://abbotsbutcher.com/>
2. [Gold rush froz sweet potato fries](#)
3. [Fabalish](#)
4. LiteLife Tempeh
5. [Pumfu](#) - pumpkin tofu
6. [Chifoods](#)
7. [Akua Kelp Burgers](#)
8. [Foodies Pumfu](#) - pumpkin seed tofu
9. [No Bull Burger](#)
10. [Actual Veggies burger](#)
11. [Vegan Soups](#) - I Eat My Greens
12. Divya's <https://divyas.com/product/the-starter-kit-2/>
13. Falafel <https://www.falafellove.com/shop>

#### NUT FREE Snacks (kiddos will love these)

1. [Nut Free Sun Butter](#)
2. Flackers
3. [Chomps Beef Jerky](#)
4. Wrap coconut jerky
5. [Yul Puffs](#)
6. [Granola butter](#)
7. [Organic Pretzels](#)
8. [Lesser Evil Popcorn Snack Packs](#)
9. Made Good
10. Dried Fruit - [Baresnacks](#)
11. MASA tortilla chips (so expensive but so good)
12. Masa Seed Oil Free tortilla chips <https://www.masachips.com/products/masa-chips>
13. [Nut Free granola](#)

14. Siete potato chips
15. Organic Valley raw cheese
16. [Marys Gone Crackers](#)
17. [Eat Mush](#) (pre-made overnight oat cups)
18. [Mylk Labs oat cups \(add water\)](#)
19. Natierra freeze dried fruit
20. Boulder Canyon potato chips
21. [Wild Zora Bar](#)
22. Shiloh Farms pretzels
23. Organic Gimme Seaweed snax
24. [Three Wishes Cereal](#)
25. [Smoothie pops](#) (freezer)
26. [Good Pops](#) (freezer)

### **Cereal**

1. Three Wishes
2. One Degree Sprouted Crispies
3. Lovebird
4. Purely Elizabeth
5. Mush

### **Baking Mixes**

1. Eat Gangster - <https://eatgangster.com/>
2. Pranacakes <https://www.livingprana.co/>
3. Simple Mills - we love the brownies and cake mix

### **Pasta**

1. Capellos pasta and Naked pizza crust = Emma loves to make her own pizza
2. Jovial = we eat at home
3. Tinkynada GF pasta
4. Kelp Noodles = the key to love this...soften it first. Cook with the sauce of your choice or boil in hot water.
5. Natural Heaven Hearts of Palm
6. Solely <https://solely.com/product/solely-organic-green-banana-fusilli-pasta/>

### **Vegan Cheese & Yogurts & Spreads**

1. Miyokos
2. Treeline Nut cheese
3. CocoYo yogurt
4. Coyo yogurt

5. CocoJune yogurt
6. Anita's yogurt
7. Lavva yogurt
8. Montys cheese
9. Mother Raw cheese dipbread
10. Core + Rind Cheese sauce
11. Foragers

### **Nut & Nut Free Mylks**

1. Lairds
2. <https://www.kikimilk.com/> - nut free
3. Malk
4. Native Forest Simple - shelf - stable cans
5. New Barn
6. Three Trees
7. Elmhurst

### **Meats/Fish**

1. [Grass Roots Coop](#) – \$30 of FREE meat of your choice when you click on the link provided. OnDemand online butcher. My favorite. I get EVERYTHING here from poultry, beef to pork and bacon. Whatever you and your family enjoy.
2. Plainville Farms - turkey and more!
3. [Wild Alaska Fish Delivery](#)
4. NYC & NJ - [www.uddermilk.com](http://www.uddermilk.com)
5. Vital Choice Seafood

### **“Breads” & Wraps**

1. [Siete](#) - almond, cassava, garbanzo bean, etc.
  - a. [Whole Foods knockoff](#)
2. [Trader Joe's Jicama Wraps](#) - ONE ingredient only
3. [Nuco Coconut wraps](#)
4. [Coyotos](#)
5. Green Leaf raw wraps <https://greenleaffood.com/shop.html>

\*certified gluten free

6. [Barely Bread](#)\* Can't see their ingredients lists currently
7. [Casabi](#)
8. [Base culture bread](#)\*
9. [Bread SRSLY](#)\* Sourdough
10. [AWG Bakery](#)\* has to ship from west coast
11. [Knead Love](#) - GF sourdough and pastries -Taste OK

12. Young Kobras-<https://youngkobras.com/products/2-gluten-free-sourdough-loaves-sliced>
13. [Cloud Bread recipe](#)
14. [Simple Mills](#)\* (need to bake)
15. Plantiful
16. 123 Dough - bread + sourdough pasta <https://123dough.com/collections>

### **Cooking Oils**

1. Primal Kitchen avocado oil
2. Epic animal fats
3. Fourth & heart grassfed ghee
4. Nativas coconut oil
5. Bariani Olive Oil

### **Teas**

1. Yogi - this variety
2. [Pique Tea](#)
3. Choice Organics [Nik's Picks: Healthy Comfort Food](#)
4. Rishi

### **Drinks**

- Olipop
- Spindrift
- Harmless Harvest coconut water
- Add crushed berries to your water or seltzer
- Add cucumber to your water
- Lemonade - squeeze lemon, raw honey or grade a/b maple syrup

### **Grains + Beans** (always look for sprouted)

- Shiloh Farms sprouted anything <https://www.shilohfarms.com/categories/Sprouted/>
- One Degree Sprouted Oatmeal
- TruRoots Sprouted grains and beans

### **Pizza -**

- Capello's
- Simple Mills
- SnowDays mini pizzas
- [cauliflower or broccoli pizzas](#)
- Dare2B Cauliflower Crust

### **Baby & Toddler Foods**

1. Little Spoon
2. Once Upon A Farm
3. Amara <https://amaraorganicfoods.com/>
4. White Leaf Provisions <https://www.whiteleafprovision.com/>
5. Tiny Organics <https://www.tinyorganics.com/>

### Fun Snacks

1. [Heavenly Organics](#) chocolate covered raw honey cups
2. Bhu Foods -anything
3. Gopals sprouted nut butters
4. Living Intentions Sprouted trail mix
5. [Blue Cacao](#) - delish and interesting chocolate snacks and bars
6. NEMI cactus crunchy snacks <https://neminative.com/>
7. [Skout cookies & bars](#)
8. Grain Free Granola redefined <https://struesli.com/>
9. Savory + sweet Snack options <https://nutsola.com/>

### Whole Food Nutrition Bars

1. raw crunch
2. bulletproof
3. Kion
4. IQ bars
5. thunderbird bars
6. Sakara superfood bars
7. Wild Zora
8. [Resist](#)
9. Truvani
10. BTR <https://www.btrnation.com/>

### Farm Clubs New York & Surrounding Area

1. <https://www.farmmatch.com/>
2. Uddermilk.com
3. <https://cwhministry.org/>

### Thrive Snack Lists - Kids + Adults

-Links need to be updated but the brands are accurate. Thrive is always changing so you may need to get these brands on their website or Amazon/Whole Foods

### Adults

- [Flackers Flax Crackers](#)
- [Rhythm Kale Chips](#)

- [Simple Mills Crackers](#)
- [Chomp's Jerky](#)
- [Pan's Mushroom Jerky](#)
- [Navitas Power Snacks](#)
- [Go Macro Bars](#)
- [Organic Dry Roasted Salted Macadamia Nuts](#)
- [Daily Crunch Sprouted Almonds](#)
- [Go Raw Sprouted Pumpkin Seed Snack Bags](#)
- [Paleo Snack Banana Chips](#)
- [Siete Grain Free Tortilla Chips](#)
- [High Key Mini Cookies](#)
- [Thrive Sweet Potato Chip Packs](#)
- [Daily Crunch Sprouted nuts](#)

## Kids

- [Good Bites](#)
- [Gimme Seaweed Snacks](#)
- [Lesser Evil Paleo Cheesy Puffs](#)
- [Lesser Evil Lil' Puff Veggie](#)
- [Purely Elizabeth Superfood Oat cups](#)
- [Simple Mills Crackers/Sweet Thins](#)
- [Go Macro Bars](#)
- [Simple Mills Toasted Pecan Cookies](#)
- [Quinn GF Pretzels](#)
- [Noka Superfood Smoothie Pouches](#)
- [GoGo Squeez Fruit & Veggiez Pouches](#)
- [Lesser Evil Popcorn Snack Packs](#)
- [Simple Mills Nutty Banana Bread](#)
- [Mama Chia Squeeze Packs](#)
- [Urban Remedy](#)
- [Solely Fruit Jerkey https://solely.com/shop/](https://solely.com/shop/)