



Easy to Eat Well Shopping List

What is Easy to Eat Well?

Easy to Eat Well Foods are:

- Free from Artificial Colors, Flavors and Preservatives
- Made with majority Whole Grains and Natural Sweeteners (or made with limited use of refined ingredients)
- Made with Lean Proteins; Low in Saturated Fats; $\leq 3g$ per serving
- Free from Manmade Transfats

While we made every effort to be as accurate as possible, we cannot be held responsible for manufacturer changes in individual products. **INGREDIENTS CHANGE!** This list is only a guide to help you shop for products which meet your dietary needs. The information below is for educational purposes only and should not be considered medical advice.

BAKERY/BREAD/TORTILLAS

Alvarado Street

All Sprouted Breads

Arnold Bakery

100% Whole Wheat Bread

Lower Carb 100% Whole Wheat

Stoneground Sprouted Wheat

Natural 100% Whole Wheat

Natural Flax & Fiber

Berlin Naturals

Spelt Bread

Sprouted Spelt Bread

Sourdough Spelt Bread

Food For Life

Ezekiel 4:9 Raisin Muffin

Ezekiel 4:9 Muffin

Cinnamon/Raisin Bread

Wheat-Free Rye Bread

Wheat Free Bread

Rice Pecan Bread

Brown Rice Tortilla

4:9 Ezekiel Pocket Bread

7-Grain Pocket Bread

Freihofers

Hearty 100% Whole Wheat

Hearty Sunflower

100% Whole Wheat

Whole Wheat Muffins

Mannys

Corn Tortillas

Whole Wheat Tortillas

Pepperidge Farm

100% Natural 100% Whole Wheat

German Dark Wheat

Soft 100% Wheat Bread

Multi Grain Bread

Whole Grain Oat Bran Bread

Natural Seeded Rye Bread

BAKING PRODUCTS

Aunt Jemima Mix-Pancake Whole Wheat

Baker's

German Chocolate

Semi Sweet Chocolate

Best Yet Pumpkin

Blue Diamond

Roasted Salted Almonds

Blanched Almond

Nut Topping Pieces

Chopped Walnuts

Finely Diced Walnuts

Shelled Walnuts

Chopped Pecans

Pecan Halves

Chopped Hazelnuts

Sliced Almonds

Slivered Almonds

Slivered Almonds

Whole Sliced Almonds

Bobs Red Mill

Buckwheat Pancake Mix

Buttermilk Pancake Mix

EASY TO EAT WELL SHOPPING LIST

Apple Bran Muffin Mix
Graham Flour
Triticale Flour
Wheat Bran
Ground Flaxseed
Corn Flour (Masa Harina)
White Hulled Sesame Seeds
Natural Brown Sesame Seed
Soy Beans
Whole Wheat Bread Mix
Raw Whole Flaxseed
Vegetable Protein
Carrington Farms Flax Seed
Ghiradelli Unsweetened Cocoa
Harvest Bay
Coconut Water
Apple Coconut Water
Hodgson Mills
Yellow Corn Meal
White Corn Meal
Bran Muffin Mix
Whole Wheat Bread Mix
Caraway Rye Bread Mix
Unprocessed Wheat Bran
Wheat Germ
Whole Wheat Flour
Rye Flour
Wheat Pastry Flour
King Arthur
Stoneground Whole Wheat
Whole Wheat Flour
Libby Solid Pack Pumpkin
Madhava Org Amber Agave Nectar
Maple Grove Farms
Honey Buckwheat Pancake Mix
One Pie
Squash Filling
Pumpkin Filling
Pumpkin Pie Mix
Planters
Walnut Pieces
Sliced Almond
Scharffen Berger
Bittersweet Chocolate
Unsweetened Chocolate
Unsweetened Cocoa Powder

SPICES

Durkee Spices, All
Simply Organic
Steak Seasoning
Spicy Seasoning
Steak Marinade
Mesquite Bbq Marinade
Zesty Herb Marinade
Spice Island Spices, All

Tones Spices, All

SWEENENERS

Lundberg Farms Premium Rice Syrup
Maple Grove Farms Pure Maple Syrup
Springtree Pure Maple Syrup
Sugar In Raw
Sunspire Sweet Dark Choc-Chips
Sweet Leaf Stevia Plus Powder
Wholesome Sweeteners
Blue Agave
Raw Blue Agave

BEVERAGES

JUICE

Apple & Eve
Natural Apple Juice
Aqua Clara Oxygen Enrich Water
Best Yet
Unsweetened Orange Juice
Apple Juice
Orange Juice Regular
Orange Juice Fortified
Orange Juice Country Style
Vegetable Juice
Prem OJ W/Xtra Pulp
Pulp-Free Orange Juice
Tomato Juice
Bolthouse Farms
Passion Fruit Juice
Green Goodness
Perfectly Protein
Straw Banana Smoothie
Berry Boost
Mango Lemonade
Blue Goodness
C-Boost Smoothie
Campbells
Low Sodium Tomato Juice
Dole
Orange Juice
Pineapple Citrus
Apple Juice
100% Ruby Red
Grape
Everfresh 100% Orange Juice
Frutzzo
Pomegranate Blueberry
Pomegranate Acai Juice
Full Circle
Organic Cranberry Juice
Organic Cran-Raspberry Juice
Organic Blueberry Juice
Hollywood Carrot Juice
Izze Sparkling Juice
Juice/Pear

EASY TO EAT WELL SHOPPING LIST

Blackberry

Grapefruit

Clementine

Blueberry

Pomegranate

Juicy Juice

All flavors 100% Juice

Punch

Cherry

Grape

Berry

Apple

Just Pikt Frozen Fresh O.J.

Kagome

True Veg Garden Juice

Autumn Reds Juice

Purple Rt & Fruit Juice

Golden Garden Peach

Burgundy Berry Blossom

Langers

Pomegranate/Cranberry 100%

Pear Flavor

Looza

Apricot Nectar

Black Currant Nectar

Marco Polo

Blueberry Juice

Pomegranate Blueberry Juice

Pomegranate Grape Juice

Martinelli

Apple Juice

Sparkling App-Cran Juice

Sparkling Apple Juice

Northland

Cranberry Juice

Cran-Apple Juice

Cran-Blackberry Juice

Cran-Raspberry Juice

Cran/ Peach Juice

Cran-Blackberry Juice

Odwalla

Pressed Carrot Juice

Blackberry Fruitshake

Mango Tango Smoothie

Super Protein 2004

Superfood Juice Drink

Ocean Spray

Pink Grapefruit Juice

Ruby Red Grapefruit

Cranberry Juice

White Grapefruit

Ocean Spray 100 Cran Raspberry

Mixed Berry

Old Orchard Juice Apple 100%

Pom Wonderful Mango Juice

River Valley Grapefruit Juice

Rougemont

Red Delicious Apple

Mcintosh Apple

Green Apple

Sacramento Tomato Juice

Sunsweet

Prune Juice

Juice W/Pulp

Trueblue Blueberry/Pomegranate Juice

V8 Splash

Splash Tropical Blend

Splash Strawberry-Kiwi

Splash Citrus Blend

Splash Fruit Medley

V-8 Calcium Pet

Splash Smot Wild Berry

Splash Peach Lemonade

Splash Raspberry Lemonade

Splash Guava/Passion

Veg-Low Sodium Singles

Healthy Request

Veryfine 100% Apple Juice

Wymans

Wild Blueberry Juice

Wild Blue/Cranberry Juice

Welch

Natural Grape

Juice Maker 100% Grape

Juice Maker 100% White Grape

100% Grape Juice/Fiber

100% Grape Juice

Zola

Brazilian Berry Power Juice

Acai Blueberry Power Juice

Acai Pineapple Power Juice

MILK

Better Than Milk

Original Ricemilk

Vanilla Ricemilk

Original Soy Milk

Vanilla Soy Milk

Edensoy

Extra Original Flavor

Extra Vanilla

Organic Soy Milk

Lifeway Yogurt Strawberry

Parmalat

2% Milk

Skim Milk

Vanilla Almondo Soymilk

TEA

Bigelow Teas

Carrington

Original Green Tea

EASY TO EAT WELL SHOPPING LIST

Chamomile Tea

Peppermint Tea

Celestial Teas

Good Earth Teas

Lipton Herbal Teas

Nestea 100% Instant Tea

Numi Teas

Pacific Foods

Organic Lemon Black Tea

Organic Raspberry Black Tea

Organic Peach Black Tea

Organic Sweetened Black Tea

Organic Unsweetened Green Tea

Revolution Teas

Salada Teas

Stash Teas

Tazo

Filterbags

Tetley

Traditional Medicine Teas

Twinings

Yogi Teas

OTHER BEVERAGES

Blue Sky

White Pomegranate Tea Soda

Red Raspberry Tea Soda

Blue Sport Lemon Lime Beverage

Blue Sport Orange Beverage

Blue Sport Fruit Punch Beverage

Hint Water

Lime Flavor

Raspberry Lime Water

Pomegranate & Tangerine

Apple Flavored Water

Nantucket

Orange Mango

Cran Lemonade SqueezeHalf & Half Squeeze

Lemonade Squeeze

RW Knudsen

Original Very Veggie Juice

Just Cranberry Juice

Red Raspberry Spritzer

Lemon-Lime Spritzer

Ginger Ale Spritzer

Sonoma Natural

Raspberry Sparkler

Pear Sparkler

Peach Sparkler

Steaz

Green Tea Orange Soda

Key Lime Green Tea Soda

Sweet Leaf

Original Sweet Tea

Mint & Honey Tea

Raspberry Tea

Sweetened Peach Tea

Hibiscus Herbal Tea

Refresh Tea

Calm Tea

Zen Tea

Green Ginger Tea

Assorted Teas

Tazoberry

Giant Peach

Iced Green Tea

Iced Tea With Lemon

Brambleberry Tea

Mango Tea

Iced Tea

Tazo Teas (Ready to Drink)

CEREALS & ENERGY BARS

All Cereals Are Gluten Free (Gf) Except Wheat, Rye, Barley, And Forms Of Wheat Such As Spelt, Triticale, Semolina, Kamut, Durum, Etc. Any Gf Grain Could Become Contaminated If Not Processed Separately.

Arrowhead Mills

Puffed Brown Rice Cereal

Puffed Corn Cereal

Back Nature

Banana Nut Cereal

Hi-Protein Crunch Cereal

Flax & Fiber Cereal

Oat & Soy Crisp

Cranberry Granola

French Vanilla Granola

Bakery on Main

G/F Cranberry Granola

Bear Naked

Heaven Chocolate Granola

Apple-Cinnamon Granola

Fruit & Nut Granola

Peak Protein Granola

Banana Nut Granola

Triple Berry Cereal

Triple Berry Oatmeal

P-Butter Jelly Granola

Best Yet

Old Fashioned Oats

Quick Oats

Instant Oats Regular

Original Instant Grits

Bobs Red Mill

Bulgur Red Wheat

Cracked Wheat Cereal

Oat Bran Cereal

Wheat Germ

Oatmeal Scottish

Steel Cut Oats

EASY TO EAT WELL SHOPPING LIST

Thick Roll Oats

Granola Natural

Granola Apple Cinnamon

Granola Apple Blueberry

Country Style Muesli Cereal

Cheerios

Original

Multigrain

Clif Bar

Organic Cranberry Almond Nectar Bar

Organic Cinnamon Pecan Nectar Bar

Organic Dark Chocolate Walnut Bar

Organic Vanilla Cashew Bar

Country Choice

Bars Maple Oatmeal

Bars Oatmeal Raisin

Enjoylife

Very Berry Granola Cereal

Cranapple Crunch Granola

Envirokidz

Organic Berry Crispy Bar

Koala Crisps Cereal

Orangutan Cereal

Cheetah Chomps Cereal

Food 4 Life

Organic Ezekiel Flax Cereal

Cinnamon Raisin Ezekiel Cereal

Hodgson Mills

Oat Bran Cereal

Kashi

Crunchy Mighty Bites Cereal

Good Friends Cereal

Cinnamon Raisin Cereal

7 In The Morning Cereal

7-Grain Flakes Cereal

Peanut Butter Granola Bars

Chewy Cherry Dark Choc Cookies

Vive Probiotic Cereal

Heart To Heart

Heart to Heart Blueberry Clusters

Heart To Heart Inst Oatmeal Brown Maple

Heart To Heart Inst Oatmeal Apple Cinnamon

Heart To Heart Inst Oatmeal Raisin Spice

Go Lean Crunch

Honey Almond Flax Cereal

Organic Strawberry Fields

Organic Autumn Wheat

Organic Cinnamon Harvest

Kretmescher Honey Wheat Germ

McCann's

Quick-Cooking Irish Oatmeal

Irish Oatmeal

Mothers

Whole Grain Oats

Quick Cooking Barley

Peanut Butter Bumpers

Cocoa Bumpers Cereal

Natures Path

Organic Variety Pack Oatmeal

Organic Flax n Oat Oatmeal

Organic Maple Nut Oatmeal

Organic Apple Cinnamon Oatmeal

Optimum Power Cereal

Optimum Slim Cereal

Optimum Organic Blueberry Bar

Optimum Organic Cranberry Bar

Nature Path Peanut Butter Energy Bar

Organic Cran Soy Granola Bar

Multigrain Rice Flakes

Heritage Flakes

Flax Plus Cereal

Odwalla

Super Protein Bar

Peanut Butter Crunch Bar

Cranberry C-Monster Bar

Choc Chip Peant Butter Bar

Superfood Protein Bar

Berries Gomega Bar

Old Wessex

Organic Irish Oatmeal

Organic Instant Oatmeal

Organic Oatbran Oatmeal

Peace Organic Cereal

Vanilla Almond Cereal

Maple Pecan Cereal

Essential 10 Cereal

Quaker

Old Fashioned Oats

Oats Regular

Quick Oats

Instant Oatmeal Regular

Quaker Instant Oat Variety

Simple Harvest Apple/Cinnamon

Simple Harvest Maple/Pecan

Simple Harvest Vanilla Honey

Oat Bran

Quaker Butter Pop Corn Crisps

Quaker Instant Oat Deluxe Variety

Quaker Oatmeal Take Heart-Gold Maple

Quaker Oatmeal Take Heart-Blueberry

Wolff

Cream Of Buckwheat

Course Brown Groats

Zoe's

Cranberry Flax & Soy Granola

Honey Almond Flax & Soy Granola

Cinnamon-Raisin Flax & Soy Granola

Lemon Flax & Soy Bar

Honey Nut Os Cereal

Zoe Foods Cinnamon Os Cereal

CHIPS & SNACKS

EASY TO EAT WELL SHOPPING LIST

CHIPS & CRACKERS

Bachman

Deli Tortilla Chips

Bearitos

Organic Tortilla Chip

Organic No-Salt Tortilla

Cape Cod

Chips Regular

40% Reduced Fat

40% Reduced Fat Waves

Golden Russet Chips

Dark Russet Chips

Robust Potato Chips

Blue Corn & Sesame Tortilla

Veggie Tort Chips

Durango

White Tortilla Chips

Eat Smart Veggie Crisp

Foodtastegood

Jalapeno Chips

Multigrain Chips

Olive Tortilla Chip

Chocolate Tortilla Chip

Frito-Lay

Organic Blue Corn Chips

Organic Yellow Corn Chips

Org Sea Salt Lays

Garden of Eatin

Organic Black Bean Tortilla Chip

Blue Corn Chip

Organic Chili & Lime Chips

Good Health

Veggie Stix

Low Salt Quilt Crackers

Quilt Crackers

Veggie Crinkle Chip

Veggie Chips

Rye Quilt Crackers

Kettle Chips

Salt & Pepper Krinkle Chip

Salt & Vinegar Chips

Light Salt Krinkle Chip

Lays

Kettle Regular Chips

Thick Cut Sea Salt

Lundberg Farms

Organic Brown Rice Cake

Organic Wild Rice Cakes

Organic Popcorn Rice Cake

Marys Gone Crackers

Original Crackers

Caraway Crackers

Onion Crackers

Herb Crackers

Black Pepper Crackers

Newman's Own

Micro Butter Popcorn

Micro Popcorn Lite Butter

Natural White Popcorn

Quaker

Apple Cinnamon Rice Cakes

Plain Salted Rice Cakes

Plain Unsalted Rice Cake

Roberts American Gourmet

Smart Puffs W/ Wisconsin Cheddar

Pirates Booty Aged White Cheddar

Veggie Booty Spinach Popcorn

Ruffles Reduced Fat Original chips

South Beach- Whole Wheat Cracker

Sunsnack

Organic Blue Tortilla Chips

Organic Yellow Tortilla Chips

Terra

Sea Salt Stripe Blue Chip

Mediterranean Chip

Sweet Potato Chip

Terra Blue Potato Chips

Original Vegetable Chips

Red Bliss W/Oil

Tostitos

100% White Corn chips

Baked Tostitos Lowfat Tortilla Chips

Tostitos Natural Blue Corn

Nat White Nacho Doritos

Multigrain Tostitos

Natural White Tostitos

Triscuit

Original Wheat Wafers

Low Salt Wafers

Troyer Farms

Salsa & Cheese Tortilla

Tex-Mex Tortillas

Dippin Style Tortilla

Round Tortilla Chips

Popcorn

Terrells

Mojito Chips

No-Salt Potato Chips

Sunsnack

Thick Sea Salt Chips

Wasa

Multi Grain

Golden Rye

Fiber Bread

Hearty Rye

DIPS

Arriba

Medium Red Salsa

Medium Chipotle Salsa

Medium Green Salsa

EASY TO EAT WELL SHOPPING LIST

Mild Roasted Green Salsa

Best Yet

Mild Picante Sauce

Medium Picante Sauce

Mild Salsa

Medium Salsa Sauce

Bravos

Medium Thick n Chunky Salsa

Mild Thick n Chunky Salsa

Hot Thick n Chunky Salsa

Chi Chi

Salsa Mild

Chipitos

Black Bean Salsa

El Paso

Mango-Peach Salsa

Roasted Tom/Corn/Blackbean Salsa

Chile Snakebite Salsa

Chipotle Cha Cha Salsa

Chickpea Chipotle Dip

Chile Black Bean Dip

Emerils

Salsa Original

Salsa Garlic Lovers

Salsa Southwest Style

"Hot" Salsa

Frito-Lay

Mild Salsa

Mild Tost Salsa

Full Circle Organic Salsas

Green Mountain

Mild Salsa

Garlic Salsa

La Preferida

Mild Taco Salsa

Hot Chunky Salsa

Mild Chunky Salsa

Red Hot Taco Salsa

Medium Salsa Verde

Salsa Taquera

Muir Glen

Organic Medium Salsa

Organic Salsa Mild

Organic Salsa

Organic Black Bean & Corn Salsa

Organic Chipotle Salsa

Newman's Own

Pineapple Salsa

Peach Salsa

Roasted Garlic Salsa

Blackbean & Corn Salsa

Medium Mango Salsa

Ortega

Mexican Style Mild Salsa

Pace

Picante Sauce

Mild Picante Sauce

Picante Mild Squeeze Salsa

Pace Thick n Chunky Salsa

Pace Salsa Medium

Pace Hot Thick n Chunky Salsa

Taco Bell

Mild Taco

Medium Supreme Salsa

Restaurant Sauce Mild

Troyer Farms

Mild Salsa

Medium Salsa

Wild Garden

Traditional Hummus Dip

Roasted Garlic Hummus

Jalapeno Hummus Dip

Tomato Hummus Dip

COOKIES

Barbara's Bakery

Fat Free Wheat Free Raspberry Fig Bars

Apple Cinnamon Fat Free Fig Bars

Carr's Bites Whole Wheat

Enjoylife

Snickerdoodle Cookies

Chocolate Chip Cookies

Double Chocolate Brownie Cookies

Kashi TLC Cookies

Oatmeal Dark Chocolate Cookie

Happy Trail

Oatmeal Raisin Flax

Shasha

Original Ginger Snaps

Cocoa Snap Cookies

Wholly Peanut Butter Cookie

OTHER SNACKS

Delmonte

Diced Peaches 4pk

Pineapple Paradise 4 pk

Dole

Raisins Bag

Chopped Dates

Eden

Low-Sod All Mixed Up Too

All Mixed Up Nuts & Fruit

Himalania

Sunrise Trail Mix

Goji Trail Mix

Organic Goji Berries

Libbys

Lite Apricot Halves

Ezo Lite Pear Halves

Motts

Natural Applesauce

Healthy Harvest Peach Medley Apple Sauce

EASY TO EAT WELL SHOPPING LIST

Granny Smith Applesauce

Musselmans Natural Applesauce

Planters

Cashew Halves

Dry Roast Pistachios

Cashew Wholes

Sahale

Shar Blend

Scorro Blend

Soledad Blend

Valdosta Blend

Sunmaid

Seedless Raisin

Baking Raisin

Zante Currant

Woodstock

Shelled Sunflower Seeds

No Salt Sunflower Seeds

Raw Sunflower Seeds

DAIRY PRODUCTS & SUBSTITUTES

Note: All Skim, 1% and 2% Fat Milks without Antibiotic or Steroid interaction are considered healthy

Dannon Nonfat Plain

Colombo Lowfat Plain

Earth Balance Margarine Spread

Egg Beaters

Friendship

4% Cottage Cheese

1% Cottage Cheese

Heluva Mozzarella Cheese

New England Eggs

Smart Balance

Margarine Spread

Regular with Flax Oil

Lightly Salted Whipped Spread

Buttery Spray

Fat Free Squeeze Margarine

Smart Bal Plus Buttry Spread

Smartbeat Soy Cheddar Cheese

Stonyfield Farms

Nonfat Mixed Berry Yogurt

N Fat Plain Yogurt

N Fat French Vanilla Yogurt

N Fat Strawberry Yogurt

N Fat Peach Yogurt

N Fat Raspberry Yogurt

N Fat Wild Blackberry Yogurt

N Fat Black Cherry Yogurt

N Fat Apricot Mango Yogurt

N Fat Lemon Yogurt

N Fat Chocolate Yogurt

N Fat Blackberry Yogurt

N Fat Key Lime Yogurt

N Fat Straw Cheesecake Yogurt

Lowfat Plain Yogurt

Lowfat Blueberry Yogurt

Lowfat Org Vanilla Yogurt

Lowfat Mocha Latte Yogurt

Lowfat Org Maple/Vanilla Yogurt

Lowfat Strawberry Yogurt

Lowfat Caramel Yogurt

Strawberry-Peach Yogurt

FROZEN

Alexia

Country Red Mashed Potato

Russet Mashed Potatoes

Oven Crinkled/Onion/Garlic

Mushroom Bites

Pesto Chicken W/Mozzarella

Sweet Italian Sausage Pepper

Seasoned Waffle Fries

Potato Nuggets W/ Salt

Birds Eye Frozen Vegetables

Includes Steamfresh and Straight Vegetables and Vegetable blends with No Sauces

Best Yet

Green Peas

Cut Corn

Mixed Vegetables

Crinkle Cut Carrots

Baby Lima Beans

Diced Onions

French Cut Beans

California Blend

Broccoli & Cauliflower

Winter Blend

San-Fran Blend

Cut Green Beans

Stewed Vegetables

Whole Peeled Tomatoes

Broccoli Cuts

Chopped Green Peppers

Cauliflower

Corn On Cob

Kale

Speckled Butter Beans

Cut Okra

Stir-Fry Vegetables

Whole Okra

Whole Baby Carrots

Fordhook Lima Bean

Peas & Carrots

Sliced Peaches

Blackberries

Sliced Strawberries

Whole Strawberries

EASY TO EAT WELL SHOPPING LIST

Raspberries

Cascadian Farms

Organic Sweet Corn

Organic Broccoli Cut

Organic Peas

Organic Mixed Veggies

Organic Green Beans

Organic Hash Browns

Country Style Potatoes

Organic Sweet Corn

Organic Broccoli Cut

Organic Soybeans

Organic Shelled Edamame

Organic Peas & Pearl Onion

Organic Winter Squash

Organic Petite Peas

Organic Blueberries

Organic Raspberries

Organic Strawberries

Organic Blackberries

Dole

Whole Strawberries

Red Raspberries

Dark Sweet Cherries

Blueberries

Ethnic Gourmet

Chicken Biryani Rice Bowl

Thai W/Tofu Rice Bowl

Food 4-Life

Food 4 Life Lrg Organic Tortilla

Food-4-Life Small Organic Tortilla

Food 4 Life Organic Burger Buns

Food 4 Life Organic Hotdog Buns

Ezekiel 4:9 Raisin Muffin

Ezekiel 4:9 Muffin

Cinnamon/Raisin Bread

Wheat-Free Rye Bread

Wheat Free Bread

Rice Pecan Bread

Brown Rice Tortilla

4:9 Ezekiel Pocket Bread

7-Grn Pocket Bread

Hanna Gold Sweet Potato/Julienne

Helen's Kitchen

Vegetarian Chicken 4 Tofu Steak

Indian Curry Aye

Mexican Meals Cheese Enchilada

Ian's

Natural Chicken Nuggets

Natural Chicken Patties

Natural Fish Sticks

Garden Burger

Black Bean Burger

Garden Veggie

Garden Burger Hamburger

Classic Greek

Fire Roasted Veggie

Original Flame Broil

Flame Grilled Burger

Chicken Grill

Meatless Riblets

Breakfast Sausage

Herb Cutlets

Margherita Pizza

Green Giant Frozen Vegetables

Includes Simply Steam and Straight Vegetables and Vegetable blends with No Sauces

Kashi Frozen Meals

Chicken Pasta Pomodoro

Lemon Rosemary Chicken

Lime Cilantro Shrimp

Sweet & Sour Chicken

Kashi Go-Lean Original Waffles

Kashi Go-Lean Blueberry Waffle

Linda McCartney Spicy Pasta

Nature's Path Organic Optimum Waffle

Mckenzie's

Chopped Collards

Cut Okra

Moosewood Moroccan Stew

River Valley Frozen Vegetables

Includes Straight Vegetables and Vegetable blends with No Sauces

Seapoint Farms

Shelled Soybean

Dry Roasted & Salted Edamame

Southland

Turnip

Butternut Squash

Tabatchnick

Chicken Broth

Vegetable Soup

Split-Pea Soup

Cabbage Soup

Woodstock Farms

Organic Broccoli

Organic Corn

Organic Green Beans

Organic Mixed Vegetable

Organic Green Peas

Organic Spinach

Organic Shiitake Mushroom

Organic Mixed Mushrooms

Organic Asparagus

Organic Broccoli Floret

Organic Sugar Snap Peas

Organic Tri-Color Peppers

Wyman

Wild Blueberries

Red Raspberries

Strawberries

Mixed Berries

EASY TO EAT WELL SHOPPING LIST

GRAINS & PASTA

Carolina Brown Rice

Casbah Couscous Pilaf

Delverde

Whole Wheat Spaghetti

Whole Wheat Linguine

Whole Wheat Spirals

Eden Organic Soba Noodles

Ezekiel

Organic Fettucine

Organic Penne

Full Circle Organic Brown Rice

Go-Go Organic Brown Rice Bowl

Hodgson Mills

Whole Wheat Spaghetti

Whole Wheat Lasagna

Whole Wheat Elbow

Whole Wheat Egg Noodles

Whole Wheat Fettuccine

Whole Wheat Spirals

Veggie Rotini

Whole Wheat Angel Hair Pasta

Whole Wheat Penne

Lifestream

W/G Flax Organic Spaghetti

Organic W/G Flax Linguini

Organic W/G Flax Rotini

Organic W/G Flax Penne

Minute Instant Brown Rice

Near East

Long Grain/Wild

Brown Rice Pilaf

Reese Wild Rice

Rice Select

Texmati Brown Rice Jar

Texmati Light Brown Rice

Texamati Brown/ Wild Rice

Texamati Basamati Rice

Jasmati

Road End Whole Wheat Mac & Cheese

Ronzoni

Healthy Harvest Rotini Pasta

Healthy Harvest Thin Spaghetti

Healthy Harvest Penne Rigate

Healthy Harvest Multigrain Spaghetti

Uncle Bens

Long Grain Wild Rice

Whole Grain Brown

Vita Spelt Organic Pasta

Organic Elbows

Organic Small Shells

Spelt Organic Penne

Spelt Organic Rotini

MEATS AND SUBSTITUTES

Ace of Diamonds Chunk Light Tuna Water

Boar's Head Natural Oven Roasted Turkey

Bumble Bee (canned)

Chunk Light Tuna in Water

Premium Pink Salmon

Red Salmon

Pink Salmon

Chunk Light Tuna W/Lemon

Tiny Shrimp

Medium Shrimp

Whole Baby Clams

Lump Crabmeat

Chicken of the Sea

Tiny Shrimp

Medium Shrimp

50% Less Salt Chunk Light Tuna

Premium Pink Salmon

Deep Sea

Salt-Free Tuna Fish

Chunk Light Tuna

Eco-Fish

Solid Albacore Tuna

Wild Alaskan Salmon

Geisha

Tiny Shrimp

Chunk Light Tuna Water

Hormel

Natural Choice Cooked Ham

Natural Choice Oven-Roasted Chicken

Natural Choice Smoked Turkey

King Oscar (canned)

Sardines in Oil

Sardines In Salsa

Sardines in Water

Natural Sea (canned)

No-Salt Albacore Tuna

Chunk Light Tongol Tuna

Salted Alaskan Salmon

Alaskan No Salt Salmon

Chunk Light Yellowfin Tuna

Perdue Natural Chicken Breast

Roland Calamares In Ink

Rubin Red Salmon

Shadybrook Farms

Sheltons Free-Range Ground Turkey

Starkist (canned)

Chunk Light Tuna Water

Chunk Light Tuna Water Pouch

Valley Fresh White Chicken Meat (canned)

Wellington Natural Chicken Breast

OILS & CONDIMENTES

OILS & VINEGARS

Atlanta Organic Sunflower Oil

EASY TO EAT WELL SHOPPING LIST

Berio

Olive Oil
Extra Virgin Olive Oil

Bertolli

Classico Olive Oil
Olive Oil
Pure Olive Oil
Extra Virgin Oil
X-Lite Olive Oil

Best Yet

Canola Oil
Vegetable Oil
White Vinegar
Apple Cider Vinegar
Cider Vinegar
Olive Oil

Olive Oil Cooking Spray

Canola Cooking Spray

Bragg Organic Apple Cider Vinegar

Carapelli

Mild Olive Oil
Light Olive Oil
Extra Virgin Olive Oil
Premium Extra Virgin OO

Colavita

Pure Olive Oil
Extra-Virgin Olive Oil
100% Olive Oil

Delallo

Balsamic Vinegar
Garlic Red Wine Vinegar
Raspberry Balsamic Vinegar
Pure Olive Oil
X-Light Olive Oil
Extra Virgin Olive Oil
Basil Dipping Oil
Garlic Dipping Oil
Red Pepper Dipping Oil
Lemon Dipping Oil

Eden Toasted Sesame Oil

Enova Oil

Flora

Extra-Virgin Olive Oil
100% Olive Oil
Imported Olive Oil
Pure Olive Oil
Flora Imported Garlic
Chopped Garlic In Oil

Hains Natural Canola Oil

Hollywood

Peanut Oil
Safflower Oil
Canola Oil

Italica

Pure Olive Oil
Extra Virgin Olive Oil

Mazola Pure Spray Canola Oil

Planters Peanut Oil

Pompeian

Extra Virgin Olive Oil
Extra Light Olive Oil
Red Wine Vinegar
Balsamic Vinegar

Nakano

Rice Vinegar
Balsamic Rice Vinegar

Nutiva Organic Hemp Seed Oil

Spectrum

Cod Liver Oil
Lemon Cod Liver Oil
Omega 3 Fish Oil
Grapeseed Spray Oil

Sun Luck

Sesame Oil Pure
La Yu Chili Oil
Natural Rice Vinegar
Seasoned Rice Vinegar

Roland

Modena Balsamic Vinegar
Grapeseed Oil
Pumpkinseed Oil
Hazelnut Oil

Pistachio Oil

White Truffle Oil

Black Truffle Oil

Spectrum

Spectrum Organic Sunflower Oil
Spectrum Organic Olive Spray Oil
Spectrum Organic X-Virgin Olive Oil

Wesson

Canola Oil

SALAD DRESSINGS

Annies

Roasted Red Pepper Vinaigrette
Low Fat Raspberry Vinaigrette
Gardenstyle Vinaigrette French
Low fat Honey Mustard Vinaigrette
Balsamic Vinaigrette
Shiitake & Sesame Vinaigrette
Goddess Dressing

Full Circle Organic Dressing

Balsamic Vinaigrette
Honey Mustard Dressing
French Dressing
Italian Dressing

Marzetti

Light Buttermilk Ranch
1000 Isle
Creamy Italian Garlic

Newmans Own

EASY TO EAT WELL SHOPPING LIST

Oil & Vinegar Dressing
Lite Italian
Balsamic Vinaigrette
Family Recipe Italian
Light Raspberry Dressing
Light Balsamic Dressing
Organicville Dressings
Olive Oil & Balsamic
Sesame Tamari
Pomegranate
Seeds Of Change Organic Dressing
Italian Herb
Greek Feta
Roasted Red Pepper
French Tomato
Sweet Basil
Roasted Garlic

SAUCES & CONDIMENTS

3-Diamond

Mandarins/Juice
Mushrooms Slices
Whole Water Chestnut
Sliced Water Chestnut
Sliced Bamboo Shoots

Delallo

Oriental Teriyaki Mushroom
Marinated Artichokes
Brine Artichokes
Stuffed Manz Olives
Small Black Olives
Jumbo Black Olives
Super Colossal Olives
Kalamata Olive

Ferrara

Artichokes In Brine
Marinated Artichokes

Flora

La Siciliana Olives
La Toscana Olives

Giorgio

Pieces & Stems Mushrooms
Mushroom Buttons
Mushroom Pcs + Stems
Mushrooms Pcs
Sliced Mushrooms

Lachoy Snow Pea Pods

Natural Sea

Organic Cocktail Sauce
Organic Tartar Sauce
Pennsylvania Dutch
Mushrooms Stems-No Pieces
Sliced Mushrooms

Polaner Crushed Garlic

Roland

Artichoke Heart

Sliced Bamboo Shoots
Whole Water Chestnuts
Sliced Water Chestnuts
Wild Dried Mushrooms

Sun Luck

Whole Water Chestnut
Sliced Waterchestnuts
Straw Mushrooms
Mung Bean Sprouts
Whole Baby Corn
Cut Baby Corn
Stir Fry Vegetable
Seaweed Wrap Hoshi

Sushi Chef

Wasabi Horseradish
Nori Seaweed Sheets
Black Sesame Seeds

ASIAN SAUCES

Roland Prepared Wasabi Paste

BBQ SAUCES

Annies Hot Chipotle Bbq Sauce

Dinosaur Barbeque

Original Sauce
Mango Tango Bbq Sauce
Cajun Spice Rub
Garlic Chipotle Sauce
Mojito Marinade
Creole Honey Mustard

Full Circle

Backyard Bbq Sauce
Chipotle Bbq Sauce
Tangy Bbq Sauce

CANNED VEGETABLES

Best Yet

White Sweet Corn
Pieces & Stems Mushrooms
Whole Button Mushrooms
Cut Asparagus Spears
Whole Kernel Golden Corn
N/Salt Whole Kernel Corn
Cut Green Beans
N/Salt Cut Green Beans
French Style Green Beans
Whole Green Beans
Sweet Peas
No Salt Peas
Mixed Vegetables
Cut Wax Beans
Sliced Beets
Whole Beets
Peas & Sliced Carrots
Sliced Carrots
Sauerkraut

EASY TO EAT WELL SHOPPING LIST

Sliced Button Mushrooms

Del Monte

Cut Green Beans

Farm Style Green Bean

Whole Green Beans

Italian Cut Green Beans

Lima Beans

Cut Wax Bea

Sliced Beets

Sliced Carrots

Whole Corn No Salt

No/Salt Peas

Peas

Very Small Sweet Peas

Peas & Carrots

Spinach

No Salt Spinach

Mixed Vegetables

Full Circle Organic

Cut Green Beans

French Cut Green Beans

Whole Kernel Corn

Organic Sweet Peas

Libby

Sliced Beets-Can

Cut Green Bean Brine

French Style Green Beans

Vac-Pac Sweet Corn

Whole Kernel Corn Brine

Peas

Native Natural Artichoke Heart

KETCHUP & MUSTARD

Annie's Organic Horseradish Mustard

Del Monte Ketchup

French's

Squeeze Classic Mustard

Dijon Squeeze Mustard

Deli Squeeze Mustard

Honey Mustard

Salad Mustard

Squeeze Mustard

Yellow Squeeze Mustard

Full Circle

Organic Tomato Ketchup

Organic Spicy Brown Mustard

Upside Down Squeeze Ketchup

Grey Poupon

Dijon

Original

Hunts Ketchup

Woodstock Farms

Organic Tomato Ketchup

Organic Stoneground Mustard

Organic Dijon Mustard

MAYONNAISE

Hain Lite Safflower Mayonnaise

Nayonnaise

Spectrum Organic Soy Mayonnaise

PICKLES, PEPPERS & OLIVES

Best Yet

Stuffed Manzilla Olives

Salad Olives

Sliced Ripe Olives

Small Pitted Ripe Olives

Medium Pitted Ripe Olives

Large Pitted Ripe Olives

Kosher Baby Dills

Sweet Pickled Relish

Whole Kosher Dills

Kosher Spears

Black Pearl

Small Pitted Olives

Medium Olives

Large Olives

Xlrg Pitted Olives

Jumbo Pitted Olives

Sliced Ripe Olives

Cascadian Farms

Organic Kosher Dill Pickle

Organic Bread & Butter Pickle

Organic Pickle Relish

Delallo

Stuffed Manzilla Olives

Small Black Olives

Jumbo Black Olives

Super Colossal Olives

Kalamata Olive

Flora

Hot Cherry Peppers

Hot Sliced Cherry Pepper

Hot Pepper Rings

Hot Cherry Pepper In Oil

Sweet Red Pepper Hulls

La Preferida

Diced Green Chile

Whole Green Chile

Whole Chipotle Peppers

Lindsay

Small Pitted Olives

Med Pitted Olives

Large Ripe Pitted Olives

Xtra Large Pitted Olives

Marios

Whole Kalamata Olives

Sliced Kalamata Olives

Select Whole Kalamata

Mt Olive

Jalapeno Slices

Pickles Kosher Strip

EASY TO EAT WELL SHOPPING LIST

Pepper Hot Banana
Pepper Mild Banana
Jumbo Bread & Butter Sandwich
Pickled Zesty Garlic Strip

Roland

Roasted Red Peppers
Quartered Red Peppers
Hot Jalapeno Peppers
Sliced Banana Peppers
Kalamata Olive Spread

SOUPS, BEANS & TOMATOES

TOMATOES & TOMATO SAUCES

Amy's Organic Tomato Sauces

Best Yet

Crushed Tomatoes
Tomato Paste
Diced Tomato W/Chilis
Tomato Sauce
Tomato Puree
Stewed Tomatoes

Classico Sweet Basil Marinara

Colavita

Hot Tomato Sauce
Garden Style Sauce
Mushroom Sauce

Contadina

Italian Tomato Sauce
Tomato Paste
Tomato Sauce
Sauce Garlic/Onion
Italian Stewed Tomato
Stewed Tomatoes
Recipe Ready Tomatoes
Pasta Ready Tom
Crushed Tomatoes
Crushed Tomato Garlic
Diced Tomato Marinara
Diced Tomato Red Pepper

Coppola

Pomodoro Organic Sauce
Puttanesca Orgnc Sauce
Arrabbiata Orgnc Sauce

Delallo

Bruschetta Sauce
Imported Plum Tomatoes
Italian Diced Tomatoes
Fancy Pizza Sauce
Pesto Sauce
Pesto With Olive Oil
Red Clam Sauce
White Clam Sauce

Delmonte

Original Spaghetti Sauce
Mushroom Spaghetti Sauce

Diced Tomatoes
Chili Chunky Tomatoes
No Salt Stewed Tomatoes
Summer Crushed Tomatoes
Diced Tomatoes
Dice Tomatoes & Green Peppers & Onions
Diced Tomatoes Basil Garlic Onions
Italian Stewed Tomatoes

Eden Organic Beans

Pinto Beans
Garbanzo Beans
Black Beans
Kidney Beans
Cannellini Beans
Fat Free Lentil Beans W/Onions

Flora

Imported Peeled Tomatoes
Italian Crushed Tomatoes

Full Circle Organic

Tomato Sauce
Diced Tomatoes
Tomato Basil Pasta Sauce
Roasted Garlic Pesto Sauce
Crushed Tomatoes
Tomato Paste

Furmano

Whole Peeled Tomatoes
Crushed Tomatoes
Tomato Sauce
Chunky Crushed Tomatoes

Hunts

Diced Tomatoes Italian
Choice Cut Garlic
Crushed Tomato
Stewed Tomatoes
Whole Tomatoes
Whole Peeled Tomatoes
Choice Cut Tomatoes
N/Salt Tom Paste
Tomato Paste
Tomato Sauce
N/Salt Tomato Sauce
Hunt Tom Sauce W/Italian Herbs

Muir Glen Organic

Tomato Sauce
Italian Herb Sauce
Tomato Basil Sauce
No Salt Tomato
Marinara Sauce
Mushroom Sauce
Garden Vegetable Sauce
Diced Tomatoes
Tomato Paste

Newmans Own

Tomato/Roasted Garlic Spaghetti Sauce
Red Pack

EASY TO EAT WELL SHOPPING LIST

Whole Peeled Tomato In Puree
Whole Peeled Plum Tomato/Pure
Italian Diced Tomatoes
Crushed Tomatoes
Tomato Puree
Fancy Tomato Sauce
Tomato Paste

Pomi

Tomatoes-Strained Crushed
Tomatoes-Chopped

Progresso

Tomato Puree
Italian Style Peeled Tomatoes
Crushed Tomatoes
Tomato Diced W/Italian herbs
Diced Tomatoes
Fire Roasted Tomatoes Crushed

Roland

Jarred Grape Leaves
Sun-Dried Tomatoes
Sun-Dried Pesto Sauce

Tuttorosso Tomato-Crushed W/Basil

Woodstock Farms Organic

Stewed Tomatoes
Diced Tomatoes
Peeled Tomato
Tomato Sauce
N/S Tomato Sauce

BEANS

Best Yet

Light Red Kidney Beans
Pinto Beans
Baby Lima Beans
Large Lima Beans
Great Northern Beans
Navy Beans
Green Split Peas
Dry Lentils
Peas & Carrots
Lima Beans
Small Red Beans
Dark Red Kidney Beans
Small White Beans
Pearled Barley
Garbanzo Beans (Bag)
Black Beans
Yellow Split Peas

Bush's

Deluxe Vegetarian
Chili Beans In Mild Sauce
Garbanzos Chick Peas
White Hominy
Dark Red Kidney Beans
Light Red Kidney Beans
Great Northern Beans

Pinto Beans
Black Beans

Full Circle

Organic Garbanzo Beans
Organic Baked Beans

La Preferida

Pinto Beans
Black Beans
Pinto Beans W/Jalapeno
Lowfat Vegetarian Beans
Fat Free Refried Beans
99% Fat Free Refried Beans
Refried Bean W/Chipotle
Refried Beans W/Jalpno
Chunky Refried Beans
Refried Beans

Progresso

Red Kidney
Dark Red Kidney Beans
Cannellini Bean
Fava Beans
Black Beans

SOUPS

Amys Organic

Alphabet Soup
Chunky Vegetable Soup
Cream Of Tomato Soup
Minestrone Soup
Butternut Squash Soup

Health Valley

Beef Broth
Lowfat Chicken Broth
Fat Free Vegetable Broth
No-Salt Beef Broth
5 Bean Vegetable Soup
Chicken Broth
Fat Free Vegetable Chili

Imagine Foods

Organic Broccoli Soup
Organic Butternut Squash Soup
Organic Vegetable Broth
Organic Chicken Broth
Lobster Bisque
Crab Bisque

Kitchen Basics

Clam Stock
Ham Stock
Pork Stock
Chicken Stock
Beef Stock

Lysanders

Dry Bean Bag Soup Mx
Black Bean Soup Mix
Bean Bag Chili
Cajun Red Beans

EASY TO EAT WELL SHOPPING LIST

Split Pea Soup
Lentil Soup Mix
Navy Bean Soup
Minestrone Soup
Lima Bean Soup
Muir Glenn Organic

Garden Veg Soup
Lentil Soup
Minestrone Soup
Split Pea Soup
Tomato Soup

Natural Sea Org New England Clam Chowder

Pacific Foods

Creamy Roasted Carrot Soup
Creamy Sweet Corn Soup
Cashew Carrot Soup
Ready To Eat Chicken Stew
Rte Beef Steak Chili W/ Beans
Ready To Eat Beef Steak Stew
Pacific Chicken Long Grain Rice
Pacific Long Grain Spanish Rice

Sheltons

Organic Chicken Broth
Fat Free Organic Chicken Broth

Swanson

Certified Organic Veggie Broth
Organic Beef Broth

Woodstock Farms Organic

Vegetable Barley
Lentil W/Carrots
Tomato Rice Soup
Creamy Potato Soup
Power Lunch Soup

SPREADS

Full Circle

Organic Strawberry Spread
Organic Raspberry Spread
Organic Apricot Spread

Joyva Sesame Tahini

Manitoba

Harvest Hemp Seed Nut
Hemp Seed Nut Butter

Once Again

No Salt Cashew Butter
No Salt Almond Butter

Smart Balance

Omega Nat Creamy Peanut Butter
Omega Nat Chunky Peanut Butter

Smuckers

Natural Peanutbutter
Natural Chunky Peanut Butter
Natural No-Salt Peanut Butter
Organic Strawberry Jelly
Organic Red Raspberry Jelly
Organic Grape Jelly

Strawberry Fruit Spread
Red Raspberry Fruit Spread
Blackberry Fruit Spread

Sunbutter

Natural Crunchy Peanutbutter
Natural Creamy Peanutbutter

Teddie

Unsalted-No Sugar Peanut Butter
Smooth Peanut Butter
Low Sodium Peanut Butter
O.F. Chunky P.Butter

Woodstock Farms

Raw Almond Butter
Crunchy Almond Butter