

RECOMMENDED BRANDS

Our favorite brands are suggested for their excellent taste and quality, but are not required!



Jar and Canned Foods

Gold Mine Natural Food Co.

Organic Raw Sauerkraut

Natural Value Organic

Coconut Milk

Pomi

Chopped Tomatoes

Amy's Kitchen

Organic Mild Salsa

Native Forest

Artichoke Hearts

Santa Barbara Olive

Company California Large

Pitted

Ripe Olives

Mediterranean Organic

Sundried Tomatoes

in Olive Oil

Wild Planet Foods

Wild Sockeye Salmon

Sauces

Red Boat

Fish Sauce

Crystal

Hot Sauce

Annie's Naturals

Organic Yellow Mustard

Bragg

Apple Cider Vinegar

Coconut Secret

Coconut Aminos



Snacks

Living Intentions

*Gone Nuts! Rosemary Garlic
Pistachios & Almonds*

Navitas Naturals

Cacao Nibs

Navitas Naturals

Cacao Powder

Edward & Sons Trading Co.

Coconut Flakes

bare

Fuji Red Crunchy Apple Crisps

Brothers-All-Natural

Fruit Crisps

Vermont Village Organic

Unsweetened Applesauce

Alive & Radiant

Quite Cheezy Kale Krunch

Maine Coast Sea Vegetables

Kelp

Go Raw

Sprouted Sunflower Seeds



Oils, Butter, and Animal Fats

Tropical Traditions

Coconut Oil

MaraNatha

Almond Butter, Creamy

MaraNatha

Almond Butter, Crunchy

SunButter

Sunflower Seed Spread

Nutiva

*Organic Extra Virgin Coconut
Oil*

Let's Do Organic

Organic Creamed Coconut

Artisana

Organic Raw Coconut Butter

Pure Indian Foods

Grass-Fed Ghee

Packaged Foods

Julian Bakery

Paleo Wraps

Gold Mine Natural Food Co.

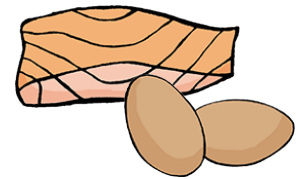
Kelp Noodles

Imagine

Free Range Chicken Broth

Crown Prince

*Naturally Smoked Oysters in
Pure Olive Oil*



Additional Preferred Brands

SeaSnax

for Snacks

Steve's PaleoGoods

for Snacks, Sauces, and More

Simply Organic

for Seasonings

Vital Choice

for Seafood

Eat Wild

for Meat, Eggs, and Dairy

Celtic Sea Salt

for Sea Salt and Seasonings

SFH (Stronger Faster Healthier)

for Omega-3 Oil

RxBar

for Protein Bars

Applegate

for Deli Meats

Nikki's

for Coconut Butter

Nordic Naturals

for Vitamin D