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## Better Options Packaged Foods Guide

The best foods are always raw, ripe, uncooked, fresh, organic, hydrating fruits and vegetables. This is a list of “not perfect but better” products that are helpful to replace the commercially available brands we have become accustomed to eating.

### ❖ Pasta

#### Andean Dream Quinoa Pasta

<http://www.andeandream.com/OtherProducts.html>



#### Tinkyada Brown Rice Pasta

<http://www.tinkyada.com/>



## ❖ Rice & Corn Products

### Lundberg Organic Brown Rice

<http://www.lundberg.com/Products/Rice.aspx>



### Garden of Eatin' Yellow Corn Organic Taco Shells

<http://www.vitacost.com/garden-of-eatin-yellow-corn-taco-shells-12-taco-shells-1/?prSrching=0>



## ❖ Bread & Baked Products

### Udi's Gluten Free Breads, Muffins & Pizza Crusts

<http://shop.udisglutenfree.com/ppcdo/search/google?gclid=CMvj5Nz2-LkCFSpyQgod4FEALw>



## Sami's Bakery

<http://samisbakery.com/>



## Bob's Red Mill Gluten Free Oats

<http://www.bobsredmill.com/gluten-free-rolled-oats.html>



## ❖ Beans, Nuts & Seeds

### Eden Organic Beans

[http://www.edenfoods.com/store/index.php?cPath=31\\_66](http://www.edenfoods.com/store/index.php?cPath=31_66)



### **Sprouted Walnuts**

<http://www.higherpower.biz/collections/sprouted-nuts-and-seeds/products/sprouted-walnuts>



### **Sprouted Pumpkin Seeds**

<http://www.higherpower.biz/products/sprouted-pumpkin-seeds>



### **Organic Hemp Seeds**

<http://www.vitacost.com/nutiva-organic-shelled-hempseed-13-oz>



❖ Dressings, Condiments, Toppings & Oils

Raw, Vegan Organic Salad Dressings

<http://www.rawfoodz.ca/>

**7 Unique Styles of Salad Dressings!**

USE THEM AS DIPS, DRIZZLES OR MARINADES



Nut-Free, Gluten-Free, Dairy-Free, Soy-Free

No Fillers, No Refined Oils, Nothing Artificial

**MADE WITH SUPERFOODS!**

Where Delicious Meets Nutrients!

Eden Organic Pizza Sauce

[http://www.edenfoods.com/store/product\\_info.php?products\\_id=103925](http://www.edenfoods.com/store/product_info.php?products_id=103925)



Parma Parmesan Cheese Alternative

<http://store.veganessentials.com/parma-raw-parmesan-cheese-alternative-p1081.aspx>





### Organic Barbeque Sauce

<http://www.annies.com/products/Organic-BBQ>



### Bariani Olive Oil

<http://www.amazon.com/Bariani-California-Olive-Oil-33-8fl-oz/dp/B00064VQNU>



### ❖ Sweet Treats

#### Larry & Luna's Coconut Ice Cream & Ice Cream Bars

<http://coconutbliss.com/>



**Green & Black's Organic Dark Chocolate Bars**

<http://www.amazon.com/Green-Blacks-Chocolate-Cocoa-10x3-5oz/dp/B001HTKN7S>

