

Pre-Made Food, Cookbooks, and Snacks

PRE-MADE FOOD

Pre-made can be difficult because it is not always apparent what the ingredients are. There are a couple places that have some CLEAN choices:

My Fit Foods

*Most of their veggies mixes have red pepper in them, so be sure to pick those out

- Salmon/Veggies
- Chicken/Veggies
- Roasted Salmon & Quinoa
- Ninja Tenderloin
- Side of Roasted Veggies
- Side of Asparagus
- Better Beef and Broccoli (w/o the sauce)

Snap Kitchen

*Unfortunately Snap puts cheese on most of their dishes but you can get a made-to-order salad with chicken, grass-fed beef or salmon on top. Be sure to use oil and vinegar dressing

RECIPE/COOKBOOKS

CLEAN – there is a large section of recipes in the back of the original book

It's All Good – Gwyneth Paltrow's newest cookbook, not ALL recipes are CLEAN friendly but those that are have been clearly marked [side note: this is a great daily-life cookbook to have]

SNACKS

Beanitos Chips – Restaurant Style, Black Bean or Pinto Bean

Mediterranean Chef – Grandma's Hummus, Tabuleh

Nadamoo Coconut Milk 'Ice Cream' – Gotta Do Chocolate, Creamy Coconut, Vanilla...ahh,

So Delicious Coconut Milk Frozen Dessert – Chocolate, Green Tea, Coconut, Vanilla Bean