

# Healthy Keto-Friendly Grocery Store Brands

## COFFEE



Trader Joes  
Organic Fair Trade  
Five Country  
Espresso Blend

### INGREDIENTS

100% Arabica Roasted  
Whole Bean Coffee



Mayorga Organics  
Dark Roast,  
USDA-Certified,  
Organic

### INGREDIENTS

100% Organic Roasted  
Whole Bean Coffee



Peet's Coffee,  
People & Planet,  
Organic French  
Roast, Dark Roast,  
Ground Coffee

### INGREDIENTS

Original Craft Coffee



Organic Ethiopian  
Yirgacheffe Light  
Roast Whole Bean  
Coffee - 10 oz -  
Archer Farms™

### INGREDIENTS

Organic Arabica Coffee



Seattle's Best  
Coffee Level 4  
Organic Fair Trade  
Dark Roast  
Ground Coffee

### INGREDIENTS

100% Arabica Coffee



Newman's Own®  
Organics 10 oz,  
Newman's  
Breakfast Blend  
Ground Coffee

### INGREDIENTS

100% Arabica Beans



The Organic  
Coffee Co  
Hurricane  
Espresso Whole  
Bean, 2-Pound  
Bag



Mount Hagen  
Coffee, Organic,  
Instant

### INGREDIENTS

100% Highland Arabica  
Coffee

## THRIVE MARKET



Organic Breakfast  
Blend Coffee,  
Ground

## CREAMERS FOR COFFEE



Horizon Organic Heavy  
Whipping Cream



Simply Balanced  
Organic Heavy  
Whipping Cream

### INGREDIENTS

Organic Grade A  
Cream (Milk)



Heavy Whipping  
Cream,  
Pasteurized

### INGREDIENTS

Organic Grade A  
Cream (Milk)

# CONDIMENTS



Trader Joe's Organic Peanut Butter, Creamy and Salted

Primal Kitchen Organic Spicy Brown Mustard



Sir Kensington's Mayonnaise

Primal Kitchen Organic Unsweetened Ketchup



Heinz® Organic Yellow Mustard

Annie's Organic Yellow Mustard



# DRESSINGS



Green Goddess Dressing



La Tourangelle Avocado Oil



Primal Kitchen - Avocado Oil Mayo



Nature's Way Organic Extra Virgin Coconut Oil



Nutiva Organic Virgin Coconut Oil



Bragg Organic Extra Virgin Olive Oil





**INGREDIENTS:** Organic Balsamic Vinegar, Avocado Oil, Water, Sea Salt, Organic Lemon Juice Concentrate, Organic Garlic Powder, Organic Onion Powder, Konjac Root, Organic Black Pepper, Organic Basil, Organic Oregano

**Nutrition Facts** Servings Per Container: about 8, Serv. Size: 2 Tbsp (30ml), Amount Per Serving: **Calories 100**, Total Fat 11g (14% DV), Sat. Fat 1.5g (8% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 125mg (5% DV), Total Carb. 3g (1% DV), Dietary Fiber 0g (0% DV), Total Sugars 1g, Incl. 0g Added Sugars (0% DV), Protein 0g, Vitamin D 0mg (0% DV), Calcium 1mg (0% DV), Iron 0mg (0% DV), Potassium 3mg (0% DV). %DV = % Daily Value



### Nutrition Facts

Serving Size 0.47 g (1/4 sec spray)  
Servings Per Container About 358

Amount Per Serving	% Daily Value*
<b>Calories 0</b>	
<b>Total Fat 0g</b>	<b>0%</b>
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrates 0g</b>	<b>0%</b>
<b>Sugars 0g</b>	
<b>Protein 0g</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	5g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Organic Extra Virgin Olive Oil.\*

Primal Kitchen - Avocado Oil-Based Dressing and Marinade, Balsamic Vinaigrette

Organic Extra Virgin Olive Oil Spray

## CHEESE/BUTTER



**Nutrition Facts** Serv. Size 2 Tbsp (30g) Servings 15 **Calories 60** **Calories from Fat 50** \*Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 5g	8%	Total Carb 2g	1%
Sat Fat 3.5g	18%	Fiber 0g	0%
Trans Fat 0g		Sugars 1g	
Cholest. 25mg	8%	Protein 1g	
Sodium 20mg	1%		

Vit. A 4% • Vit. C 0% • Calcium 4% • Iron 0%

Ingredients: Organic Cultured Pasteurized Nonfat Milk, Organic Pasteurized Cream, Acidophilus and Bifidus Cultures, Microbial Enzyme.

Organic Valley Organic Sour Cream



**Nutrition Facts** Serv. Size 2 Tbsp (30g) Servings about 8 **Calories 90** **Fat Cal. 80** \*Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 9g	14%	Total Carb 2g	1%
Sat Fat 6g	30%	Fiber 0g	0%
Trans Fat 0g		Sugars 2g	
Cholest. 25mg	8%	Protein 2g	
Sodium 110mg	5%		

Vitamin A 6% • Vitamin C 0% • Calcium 2% • Iron 0%

Organic Valley Cream Cheese Spread



**Nutrition Facts** Amount/Serving Servings per container (2 Tbsp (30g)) **Calories 70** **Calories from Fat 50** \*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0g	0%	Total Carbohydrate 2g	0%
Saturated Fat 3.5g	18%	Fiber 0g	0%
Trans Fat 0g		Total Sugars 1g	
Cholesterol 10mg	3%	Incl. 0g Added Sugar	0%
Sodium 20mg	1%	Protein 1g	

Vitamin D 0mg (0%) • Calcium 40mg (4%) • Iron 0mg (0%) • Potassium 0mg (0%)

INGREDIENTS: Organic Pasteurized Whole Milk, Organic Pasteurized Cream, Organic Pasteurized Nonfat Milk, 4 strains of lactic cultures, LIVE PROBIOTIC CULTURES: L. acidophilus, Bifidobacterium lactis, L. rhamnosus.

Nancy's Sour Cream, Organic



**Nutrition Facts** Serv. Size 1 Tbsp (14g) Servings 16 **Calories 100** **Fat Cal. 100** \*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount Per Serving	%DV*	Amount Per Serving	%DV*
Total Fat 11g	17%	Total Carb. 0g	0%
Sat. Fat 7g	35%	Protein 0g	
Cholest. 30mg	10%		
Sodium 100mg	4%		
Vitamin A 10%			

Not a significant source of trans fat, dietary fiber, sugars, Vitamin C, calcium and iron.

INGREDIENTS: PASTEURIZED CREAM, SALT, CONTAINS MILK. Packed for: Orma Foods, North America Inc., Evanston, IL 60201. PRODUCT OF IRELAND. Perishable. Keep Refrigerated.

Kerrygold, Salted Pure Irish Butter, 8 oz



Nutrition Facts	
Serving Size 1 oz (28g)	Servings Varies
Amount Per Serving	
<b>Calories 110</b>	<b>Fat Cal 80</b>
	% Daily Value*
<b>Total Fat 9g</b>	<b>14%</b>
<b>Sat Fat 6g</b>	<b>30%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 170mg</b>	<b>7%</b>
<b>Total Carb 0g</b>	<b>0%</b>
<b>Dietary Fiber 0g</b>	<b>0%</b>
<b>Sugars 0g</b>	
<b>Protein 7g</b>	
Vitamin A 6%	Vitamin C 0%
Calcium 20%	Iron 0%

Ingredients: Organic cultured unpasteurized milk, salt, vegetarian enzymes

## Organic Valley Raw Mild Cheddar



### GRASSMILK RAW CHEDDAR

Exceptionally delicious, Grassmilk™ Cheese is handcrafted in small batches with milk from 100% grass-fed cows, who only eat organic pasture and forage—never grain. To achieve the optimal flavor our milk is heat-treated to 158°F for 15 seconds. As always, we never use antibiotics, synthetic hormones, toxic pesticides or GMOs.

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. Size 1 oz (28g)		<b>Total Fat 9g</b>	<b>14%</b>	<b>Total Carb 0g</b>	<b>0%</b>
Serv. per Container: 8		<b>Sat Fat 6g</b>	<b>30%</b>	<b>Fiber 0g</b>	<b>0%</b>
<b>Calories 110</b>	<b>Fat Cal 80</b>	<b>Trans Fat 0g</b>		<b>Sugars 0g</b>	
		<b>Cholest. 30mg</b>	<b>10%</b>	<b>Protein 7g</b>	
		<b>Sodium 170mg</b>	<b>7%</b>		

\*Percent Daily Values (DV) are based on a 2000 calorie diet.

Ingredients: Organic Cultured Unpasteurized Milk, Sea Salt, Vegetarian Enzymes.

Distributed by Organic Valley • La Farge, WI 54639 • 1-800-999-8852 • [www.organicvalley.coop](http://www.organicvalley.coop) • Oregon Tilth Certified Organic

## Grassmilk Organic Raw Cheddar Cheese



Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 oz (28g)		<b>Total Fat 9g</b>	<b>14%</b>	<b>Total Carb 0g</b>	<b>0%</b>
<b>Calories 110</b>	<b>Fat Calories 80</b>	<b>Sat Fat 6g</b>	<b>30%</b>	<b>Fiber 0g</b>	<b>0%</b>
		<b>Trans Fat 0g</b>		<b>Sugars 0g</b>	
		<b>Cholest. 30mg</b>	<b>10%</b>	<b>Protein 7g</b>	
		<b>Sodium 170mg</b>	<b>7%</b>		
		<b>Vitamin A 6%</b>		<b>Vitamin C 0%</b>	
		<b>Calcium 20%</b>		<b>Iron 0%</b>	

Ingredients: Organic Cultured Pasteurized Milk, Salt, Vegetarian Enzyme.

## Organic Valley Sharp Cheddar



<b>Nutrition Facts</b>		Servings: 7
Serv. Size: 1 oz (28g),		<b>Calories 110,</b>
Amount Per Serving:		
<b>Total Fat</b> 9g	(11% DV),	Sat. Fat 6g
(28% DV),	<b>Cholest.</b> 25mg	(9% DV),
<b>Sodium</b> 210mg	(9% DV),	<b>Total</b>
<b>Carb.</b> 0g	(0% DV),	<b>Protein</b> 7g
(15% DV),	<b>Calcium</b> (15% DV).	Not a
significant source of trans fat, dietary		
fiber, total sugars, added sugars, Vit. D,		
iron, and potas. %DV = % Daily Value		

Not a significant source of trans fat, dietary fiber, total sugars, added sugars, Vit. D, iron, and potas. %DV = % Daily Value

ORION FOODS NORTH AMERICA INC., EVANSTON, IL 60001

INGREDIENTS: PASTEURIZED MILK, SALT, CHEESE CULTURES & ENZYMES.

BEST BEFORE: 12/12

## Kerrygold 5 lbs Imported Dubliner Cheese



Nutrition Facts	
24 servings per container	Serving size 1 tbsp (14g)
Amount per serving	
<b>Calories 130</b>	
	% Daily Value*
<b>Total Fat 14g</b>	<b>18%</b>
<b>Saturated Fat 10g</b>	<b>50%</b>
<b>Trans Fat 0g</b>	
<b>Polysaturated Fat 0g</b>	
<b>Monounsaturated Fat 4g</b>	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
<b>Protein 0g</b>	

INGREDIENTS: ORGANIC CLARIFIED BUTTER (MILK)  
MANUFACTURED FOR CARRINGTON FARMS P.O. BOX 102 CLOSTER, NJ 07624 CARRINGTONFARMS.CO  
CERTIFIED ORGANIC BY PRODUCT OF INDIA  
PACKAGED IN THE USA  
BPA-FREE CONTAINER



Nutrition Facts	
Serving Size 1/4 cup (28g)	Servings per container 6
Amount Per Serving	
<b>Calories 110</b>	<b>Fat Cal. 80</b>
	% Daily Value*
<b>Total Fat 9g</b>	<b>14%</b>
<b>Saturated Fat 6g</b>	<b>30%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 180mg</b>	<b>8%</b>
<b>Total Carbohydrate 1g</b>	<b>0%</b>
<b>Dietary Fiber 0g</b>	<b>0%</b>
<b>Sugars 0g</b>	
<b>Protein 7g</b>	

Ingredients: Organic Cultured Pasteurized Milk, Salt, Vegetarian Enzymes, Cellulose (added to prevent caking).

## Carrington Farms USDA Organic Grass-Fed Ghee Clarified Butter

## Organic Valley Cheddar Cheese - Sharp, Shredded, Organic





## INGREDIENTS

Pasteurized Milk,  
Salt, Cheese  
Cultures, and  
Enzymes



## INGREDIENTS

Organic  
Pasteurized Milk,  
Cheese Cultures,  
Salt, and Enzymes

Organic Pasteurized  
Cultured Milk, Salt,  
Vegetarian Enzyme

Applegate Organics®  
Provolone Cheese



Nutrition Facts		
Serving Size: 1 Tbsp. (14 g)		
Servings per Container: About 16		
	Amount Per Serving	% Daily Value
Calories	120	
Calories from Fat	120	
<b>Total Fat</b>	14 g	22%
Saturated Fat	9 g	45%
Trans Fat	0 g	
Cholesterol	35 mg	12%
Sodium	0 mg	0%
Total Carbohydrate	0 g	0%
Protein	0 g	
Vitamin A		6%

Other Ingredients: 100% Organic pasteurized butter.  
Contains: Milk. (made from non-homogenized whole milk from grass-fed cows).

Pure Indian Foods Organic Cultured  
Ghee, Grass-Fed

# ORGANIC VALLEY FARMS



<b>Nutrition Facts</b>  29 servings per container Serving size 1 Tbsp (13g)  <b>Calories 120</b> per serving	Amount/serving		% DV	Amount/serving		% DV
	Total Fat 13g		17%	Total Carb. 0g		0%
	Sat. Fat 8g		40%	Fiber 0g		0%
	Trans Fat 0g			Total Sugars 0g		
	Cholesterol 30mg		10%	Incl. 0g Added Sugars		0%
	Sodium 0mg		0%	Protein 0g		
	Vitamin D 0%			Calcium 0%		
	Potassium 0%			Vitamin A 11%		

Organic Ghee Clarified  
Butter



Nutrition Facts	
Serving Size: 1 Tbsp (15g)	
Servings Per Container: 55	
Amount Per Serving	% Daily Value*
<b>Calories 130</b>	
<b>Total Fat 15g</b>	<b>19%</b>
Saturated Fat 9g	45%
<b>Cholesterol 40mg</b>	<b>13%</b>
Sodium 0mg	0%
<b>Total Carbohydrate 0g</b>	<b>0%</b>
Sugars 0g	
<b>Protein 0g</b>	<b>0%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: ORGANIC  
UNSALTED BUTTER (ORGANIC  
CREAM [MILK])

Organic Ghee by Tin  
Star Foods



Nutrition Facts			
Serving Size 1 tsp (5g)		Calories <b>45</b>	
Amount per serving	% DV	Amount per serving	% DV
Total Fat 5g	6%	Total Carb. 0g	0%
Sat Fat 3g	15%	Fiber 0g	0%
Trans Fat 0g		Total Sugars 0g	
Cholesterol 10mg	3%	Incl. 0g Added Sugars	0%
Sodium 0mg	0%	Protein 0g	0%
Vitamin D 0%			
Calcium 0%			
Iron 0%			
Potassium 0%			

Ingredients: Certified Organic Butter (Milk).



Nutrition Facts		
Serving Size 1 Tbsp (15ml)		
Servings per Container about 32		
Amount per Serving		
Calories	112	Calories from Fat 112
		0% Daily Value*
Total Fat	12g	20%
Saturated Fat	8g	40%
Trans Fat	0g	
Cholesterol	33g	11%
Sodium	0m	0%
Total Carbohydrate	0g	0%
Protein	0g	
Vitamin A	8%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.  
Not a significant source of Dietary Fiber, Sugars, Vitamin C, Calcium and Iron.

Organic Ghee Clarified  
Butter

Spring Sunrise Organic  
Ghee



NUTRITION FACTS		
Serving Size 1 Tbsp (15ml)		
Servings Per Container about 64		
Amount Per Serving		
Calories	120	Calories from Fat 120
		% Daily Value*
Total Fat	14g	22 %
Saturated Fat	9g	45 %
Trans Fat	0g	
Polysaturated Fat	0.5g	
Monounsaturated Fat	3.5g	
Cholesterol	35mg	12 %
Sodium	0mg	0 %
Total Carbohydrate	0g	0 %
Protein	0g	
Vitamin A	8%	

Not a significant source of dietary fiber, sugars, vitamin C, calcium and iron.  
\*Percent Daily Values are based on a 2,000 calorie diet.

Ancient Organics, 100% Organic Ghee from  
Grass-Fed Cows

## FOURTH & HEART



Nutrition Facts	
Serving Size 1 tsp (5g)	
Servings Per Container about 48	
Amount Per Serving	
Calories 45	Calories from Fat 45
	% Daily Value*
Total Fat 5g	7%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 0mg	0%
Total Carbs 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 4%	Vitamin C 0%
Calcium 0%	Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.  
Best used in 3 months  
A portion of proceeds go to Yoga

Grass-Fed Original Ghee



# MEAT BEEF (GRASS-FED)



Nutrition Facts	
Serving Size: 4 oz (112g)	
Amount Per Serving	Calories from Fat 75
Calories 240	
Total Fat 17g	34%
Saturated Fat 7g	14%
Trans Fat 0g	
Cholesterol 75mg	15%
Sodium 65mg	3%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	15%

Nature's Rancher 100% Grass-Fed Organic Ground Beef



Marketside Organic Grass-Fed, 80% Lean / 20% Fat, Ground Beef



Organic Grass-Fed T-Bone Steak



Nutrition Facts	
Serving Size: 1 hot dog (47g)	
Amount Per Serving	% Daily Value*
Calories 110	
Total Fat 5g	10%
Saturated Fat 2g	4%
Trans Fat 0g	
Cholesterol 25mg	5%
Sodium 300mg	6%
Total Carbohydrate 0g	0%
Fiber 0g	0%
Sugars 0g	
Protein 1g	2%

INGREDIENTS: ORGANIC GRASS-FED BEEF\*, WATER, CONTAINS LESS THAN 2% OF THE FOLLOWING: SEA SALT, ORGANIC SPICES, ORGANIC DEHYDRATED GARLIC, ORGANIC DEHYDRATED ONION, ORGANIC PAPRIKA, CELERY POWDER.

Applegate, The Great Organic Uncured Beef Hot Dog

# PORK (NO NITRATES)



Nutrition Facts	
Serving Size: 2 pan-fried slices (14g)	
Amount/serving	% Daily Value*
Calories 70	
Total Fat 5g	10%
Saturated Fat 2g	4%
Trans Fat 0g	
Cholesterol 10mg	2%
Sodium 310mg	6%
Total Carbohydrate 0g	0%
Fiber 0g	0%
Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg 0%	
Calcium 1mg 0%	
Iron 0mg 0%	
Potassium 33mg 0%	

INGREDIENTS: ORGANIC PORK\*\*, WATER, SEA SALT, CONTAINS LESS THAN 2% OF THE FOLLOWING: ORGANIC CANE SUGAR, CELERY POWDER.

Applegate Organic Uncured Sunday Bacon

# CHICKEN (PASTURE-RAISED, ORGANIC)



Pasture-Raised Alfresco Eggs, Organic, Dozen



Chino Valley Organic Pasture-Raised Eggs, Dozen



Kirkland Signature Organic Pasture-Raised Large Eggs



Nutrition Facts	Amount/Serving	%DV	Amount/Serving	%DV
	Total Fat 9g	14%	Total Carb 0g	0%
Serving Size 4 oz (112g)	Sat Fat 2g	10%	Fiber 0g	0%
Calories 190	Cholest. 70mg	23%	Sugars 0g	
Fat Calories 80	Sodium 55mg	2%	Protein 24g	
	Vitamin A	0%	Vitamin C	0%
	Calcium	0%	Iron	4%

Ingredients: Organic Pork.

Organic Prairie, Boneless Organic Pork Loin Roast



Nutrition Facts	
Serving Size 2-3 slices (56g)	
Servings per Container 3	
Amount Per Serving	% Daily Value*
Calories 70	Fat Cal 20
Total Fat 2g	3%
Saturated Fat .5g	3%
Cholesterol 40mg	13%
Sodium 320mg	13%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 12g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

Ingredients: organic chicken, water, sea salt.

Organic Valley Roast Chicken Breast



Nutritional Facts	
Serving Size 2 oz. (56g)	
Servings Per Container 3	
Amount Per Serving	From Fat 0
Calories 50	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	---
Cholesterol 20mg	7%
Sodium 380mg	16%
Total Carbs 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	---
Protein 11g	---
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

Applegate Organic Oven-Roasted Turkey Breast





Fresh Hardwood Smoked Ham Slices

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 1 slice (51g)					
Calories 70					
Fat Calories 25					
Total Fat	2.5g	4%	Total Carb	1g	0%
Sat Fat	1g	5%	Fiber	0g	0%
Cholest.	35mg	12%	Sugars	0g	
Sodium	250mg	10%	Protein	10g	
Vitamin A	0%		Vitamin C	0%	
Calcium	0%		Iron	2%	

Ingredients: organic ham, cured with water, sea salt, organic honey, celery juice powder, lactic acid starter culture, organic spices.



Organic Valley, Hardwood Smoked Uncured Organic Ham

Trader Joe's Organic Chicken Drumsticks



Foster Farms Organic Chicken



Nutrition Facts	
Serving Size 4 oz	
Servings Per Container 4	
Amount Per Serving	
Calories 300	
	% Daily Value
Total Fat 24g	37%
Saturated Fat 9g	45%
Cholesterol 80mg	27%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 19g	

Percent Daily Values are based on a 2,000 calorie diet.

Organic Prairie: Organic Ground Pork

## FISH/SEAFOOD



Foster Farms Organic Chicken



Nutrition Facts	
Serving Size 2.6 oz (1 pouch)	
Servings Per Container 1	
Amount Per Serving	
Calories 80	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 35mg	12%
Sodium 100mg	7%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 18g	38%
Calcium 0%	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Albacore White Tuna, Water.  
Contains: fish (tuna). Produced in a facility that handles soy.

Brandless Wild Albacore Tuna in Water

# CROWN PRINCE



INGREDIENTS: ANCHOVIES,  
PURE OLIVE OIL, SALT

Anchovy Fillets



Nutrition Facts		Amount Per Serving	%DV*	Amount Per Serving	%DV*
Serving Size: 1/2 can (56g)					
Servings Per Container: 3					
Calories 10					
Calories from Fat 10					
Total Fat	1g	2%	Total Carb	0g	0%
Sat. Fat	0g	0%	Fiber	0g	0%
Trans Fat	0g	0%	Sugars	0g	0%
Cholesterol	20mg	7%	Protein	12g	24%
Sodium	200mg	8%			
Vitamin A	0%		Vitamin C	0%	
			Calcium	0%	
			Iron	4%	

Non-GMO Wild Pink Salmon



Nutrition Facts
Serving Size 2oz (56g) drained
Servings Per Container About 1.5
<b>Amount Per Serving</b>
Calories 100
Calories from Fat 50
<b>% Daily Value*</b>
<b>Total Fat</b> 0g 0%
Saturated Fat 1g 5%
Trans Fat 0g
<b>Cholesterol</b> 25mg 8%
<b>Sodium</b> 190mg 8%
<b>Total Carb.</b> 0g 0%
<b>Protein</b> 12g 24%
Vitamin A 0% • Vitamin C 0%
Calcium 15% • Iron 6%
Not a significant source of dietary fiber and sugars.
*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: SARDINES (SARDINOPS SAGAX OR SARDINOPS MELANOSTICTUS), ORGANIC EXTRA VIRGIN OLIVE OIL, WATER, SEA SALT, AQUEOUS NATURAL SMOKE. CONTAINS FISH.

Non-GMO Wild Sardines in Extra Virgin Olive Oil

# SWEETENERS



Nutrition Facts
Serving Size 1 tsp (4 g)
Servings Per Container about 114
<b>Amount Per Serving</b>
Calories 10
Calories from Fat 0
<b>%Daily Value*</b>
<b>Total Fat</b> 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
<b>Cholesterol</b> 0mg 0%
<b>Sodium</b> 0mg 0%
<b>Total Carbohydrate</b> 4g 1%
Dietary Fiber 0g 0%
Sugars 0g
Xylitol 4g
<b>Protein</b> 0g
Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.

NOW Real Food® - Xylitol



Nutrition Facts
Serving Size 1 tsp (4 g)
Servings Per Container about 114
<b>Amount Per Serving</b>
Calories 0
Calories from Fat 0
<b>%Daily Value*</b>
<b>Total Fat</b> 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
<b>Cholesterol</b> 0mg 0%
<b>Sodium</b> 0mg 0%
<b>Total Carbohydrate</b> 4g 1%
Dietary Fiber 0g 0%
Sugars 0g
Erythritol 4g
<b>Protein</b> 0g
Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.
Ingredients: Pure Erythritol Crystalline Powder (Non-GMO).

NOW Foods Organic Erythritol





Nutrition Facts		
Serving Size: 1 Teaspoon (0.5 g)		
Servings per Container: 550		
	Amount Per Serving	% Daily Value
Calories	0	
Calories from Fat	0	
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate less than 0.5g	0	0%
Dietary Fiber	0g	0%
Sugars less than 0.5g	0	
Protein	0g	
Vitamin A	0%	
Vitamin C	0%	
Calcium	0%	
Iron	0%	

Other Ingredients: Maltodextrin, Reb-A, Stevia leaf sweetener.

Kroger Stevia Extract Baking Blend



Nutrition Facts	
113 servings per container	
Serving size	1 tsp (4g)
Amount Per Serving	
<b>Calories</b>	<b>0</b>
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Sugar Alcohol 4g	
Protein 0g	0%
Vitamin D 0mg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Erythritol

SO Nourished Erythritol Granular



Nutrition Facts	
Serv Size 1/2 tsp (1g)	
Servings about 120	
Amount Per Serving	
<b>Calories 0</b>	
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carb <1g	0%
Fiber <1g	3%
Protein 0g	

Ingredients: Organic Agave Inulin, Organic Stevia Extract (*Stevia rebaudiana*), Silica.

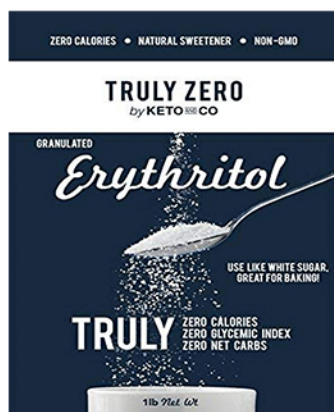
Wholesome Organic Stevia



Nutrition Facts	
Serving Size 1 tsp (7g)	
Servings Per Container About 65	
Amount Per Serving	
<b>Calories 0</b>	<b>Calories from Fat 0</b>
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 0g	
Sugar Alcohol 7g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

\*Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs.

Non-GMO Erythritol



Fresh Hardwood Smoked Ham Slices

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Serving Size 2 slices (56g)		Total Fat 2.5g	4%	Total Carb 1g	0%
Calories 70		Sat Fat 1g	5%	Fiber 0g	0%
Fat Calories 25		Cholest. 35mg	12%	Sugars 0g	
		Sodium 250mg	10%	Protein 10g	
		Vitamin A	0%	Vitamin C	0%
		Calcium	0%	Iron	2%

Ingredients: organic ham, cured with water, sea salt, organic honey, celery juice powder, lactic acid starter culture, organic spices.

Wholesome Organic Stevia

# VEGETABLES/PRODUCE PRODUCTS (ORGANIC)



## INGREDIENTS

Organic Baby  
Spinach

GreenWise Organic  
Baby Spinach, Organic,  
5 oz Clamshell



## INGREDIENTS

Organic Romaine  
Hearts

GreenWise Organic  
Romaine Hearts,  
12 oz Bag



Organic Broccoli



Organic Cauliflower



Organic Kale Greens



Organic Chard Red





Organic Zucchini



Organic Collard Greens



#### INGREDIENTS

Organic Baby Arugula

GreenWise Baby Arugula, Organic, 5 oz Clamshell



#### INGREDIENTS

Organic Romaine Hearts

Natures Greens Organic Kale Greens, Organic, 12 oz (340 g)



#### INGREDIENTS

Organic Celery Hearts

Marketside Organic Celery Hearts



#### INGREDIENTS

Organic Spinach Leaves

Organic Baby Spinach Leaves, 5 oz (142 g)



#### ORGANIC INGREDIENTS:

Baby Green Romaine Lettuce, Baby Red Romaine Lettuce, Tango, Baby Spinach, Baby Red Oakleaf Lettuce, Baby Green Chard, Lolla Rosa, Arugula, Mizuna, Tatsoi, Baby Greenleaf Lettuce, Baby Redleaf Lettuce.

#### INGREDIENTS:

May Vary by Season

OrganicGirl Baby Spring Mix, 5 oz (142 g)



## INGREDIENTS

Organic  
Broccoli Florets



Driscoll's Organic Fresh  
Blueberries



Organic Strawberries



Organic Raspberries



## Nutrition Facts

Serv. Size 3 Olives (15g). Servings Per Container About 8.  
Amount Per Serving: **Calories 35**, Fat Cal. 30, **Total Fat 3.5g**  
(5% DV), **Sat. Fat 0.5g** (3% DV) **Cholest.** 0mg (0% DV),  
**Sodium 130mg** (5% DV), **Total Carb.** 1g (0% DV), **Dietary Fiber**  
<1g (2% DV) **Protein 0g**, Vitamin A (2% DV), Calcium (2% DV).  
Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** ORGANIC CASTELVETRANO OLIVES,  
WATER, SALT, LACTIC ACID, ASCORBIC ACID.  
**PRODUCED IN A FACILITY THAT PROCESSES TREE**  
**NUTS, MILK AND SOY.**

Whole Foods Market,  
Organic Castelvetrano  
Olives



**Nutrition Facts** Servings: about  
9, **Serv. size: 2 olives (15g)**,  
Amount per serving: **Calories 25**,  
**Total Fat 2g** (3% DV), **Sat. Fat 0g**  
(0% DV), **Trans Fat 0g**, **Cholest.**  
0mg (0% DV), **Sodium 170mg** (7%  
DV), **Total Carb.** <1g (0% DV), **Fiber**  
0g (0% DV), **Total Sugars 0g** (Incl.  
0g Added Sugars, 0% DV), **Protein**  
0g, **Vit. D** (0% DV), **Calcium** (0%  
DV), **Iron** (0% DV), **Potas.** (0% DV).

**INGREDIENTS:** ORGANIC GREEN OLIVES,  
WATER, SEA SALT, CITRIC ACID.  
**PRODUCED IN A FACILITY THAT PROCESSES**  
**TREE NUTS AND MILK.**

365 Everyday Value,  
Organic Green Olives





Nutrition Facts	
Serving Size 1/4 cup (30g)	
Servings About 5	
Amount Per Serving	
Calories 210	Fat cal 180
	% Daily Value*
Total Fat 20g	31%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carb. 3g	1%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 5g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	30g 37g
Dietary Fiber	25g 30g
Calories per gram:	
fat 9 • Carbohydrates 4 • Protein 4	

**INGREDIENTS:** Organic raw walnuts.  
**CONTAINS:** WALNUTS.  
 Caution: May contain shell fragments.

Woodstock Organic  
Walnuts Halves & Pieces



Nutrition Facts	
Serving Size 1/4 cup (30g)	
Servings About 7	
Amount Per Serving	
Calories 170	Fat cal 120
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carb. 5g	3%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 5g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	30g 37g
Dietary Fiber	25g 30g
Calories per gram:	
fat 9 • Carbohydrates 4 • Protein 4	

**INGREDIENTS:** Organic raw cashews.  
**CONTAINS:** CASHES.  
 Caution: May contain shell fragments.

Organic Whole  
Cashews



Nutrition Facts	
Serving Size: 1/4 cup (30g)	
Servings Per Container About 15	
Amount Per Serving	
Calories 210	Calories from Fat 190
	% Daily Value*
Total Fat 21g	32%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 4%	
*Percent Daily Values are based on a 2,000-calorie diet.	

**INGREDIENTS:** ORGANIC RAW  
PECANS

Organic Pecan, Halves



Nutrition Facts	
Serving Size: 1/4 cup (30g)	
Servings Per Container About 15	
Amount Per Serving	
Calories 170	Calories from Fat 140
	% Daily Value*
Total Fat 15g	23%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 7g	
Vitamin A 0% • Vitamin C 0%	
Calcium 8% • Iron 6%	
*Percent Daily Values are based on a 2,000-calorie diet.	

**INGREDIENTS:** ORGANIC ALMONDS

Organic Raw Almonds