

# vetted products

my go-to DAILY food products that I use ☺ they taste good + no stupid ingredient AND from companies with good intentions.

Proteins			
Cheese <i>*no additives and yes organic*</i>	Meats <i>*pasture raised, organic*</i>	Eggs/Milk <i>*pasture raised, organic*</i>	Powders
<b>Cottage Cheese:</b> <ul style="list-style-type: none"> <li>- good culture's organic cottage cheese 10000% yes</li> <li>- Nancy's probiotic cottage cheese! yum</li> </ul> <b>String Cheese:</b> <ul style="list-style-type: none"> <li>- Organic Valley Singles</li> </ul> <b>Sandwich Cheese:</b> <ul style="list-style-type: none"> <li>- Organic Valley</li> </ul> <b>Yogurt:</b> <ul style="list-style-type: none"> <li>- 22g protein! WOW Nancy's probiotic Greek yogurt</li> </ul>	<b>Ground Beef:</b> <ul style="list-style-type: none"> <li>- Thousand Hills or Eel River</li> </ul> <b>Chicken:</b> <ul style="list-style-type: none"> <li>- Smart Chicken Organic</li> <li>- Mary's</li> </ul> <b>Turkey:</b> <ul style="list-style-type: none"> <li>- Mary's</li> </ul> <b>Fish: Find wild caught with no dyes! I haven't seen a brand yet.</b> <b>Canned Fish:</b> <ul style="list-style-type: none"> <li>- Wild planet</li> </ul>	<b>Eggs:</b> <ul style="list-style-type: none"> <li>- Vital Farms Pasture Raised, Organic</li> </ul> <b>Cow Milk:</b> <ul style="list-style-type: none"> <li>- Maple Hill</li> <li>- Horizon Grassfed</li> </ul> <b>Organic plant milks <u>with fortified</u></b> <b>Calcium:</b> <ul style="list-style-type: none"> <li>- Plant Strong</li> <li>- This category is hard, more TBD</li> </ul>	<b>Whey:</b> <ul style="list-style-type: none"> <li>- Naked Whey</li> <li>- Abouttime</li> </ul>
Carbohydrates			
Cereals		Grains	
<b>Cereal:</b> <ul style="list-style-type: none"> <li>- Alter Eco, Red Mill, Love Bird</li> </ul> <b>Granola:</b> <ul style="list-style-type: none"> <li>- Ezekiel brand</li> </ul>		<b>Oats: RedMill</b> <b>Read to eat rice: Tasty Bite or Jasberrys Coconut Rice</b> <b>Pasta: Banza</b> <b>Bread: Rudy's whole wheat</b> <b>Crackers: Mary's Gone Crackers</b>	
Fats			
Oils		Nuts/Seeds	
<b>High Heat:</b> <b>Sesame: La Tourangelle</b> <b>Avocado: Chosen Foods</b> <b>Low or No Heat:</b> <b>Olive: Bragg</b>		<b>Sunflower butter: Sunbutter</b> <b>Almond butter: Living Tree, MaraNatha</b> <b>Flax: RedMill</b> <b>Pine nuts: Woodstok Farms</b>	
Snacks			
coming soon			