

Some of the Best

Breads without wheat or yeast: Naturally leavened traditionally made sourdough breads

- Manna, Essene, & Ezekiel wraps, breads & cereals
- German & Ukrainian pumpernickel/ rye flatbread

Bread companies such as: 'Artisan,' 'La Boulange,' 'European Breads Bakery,' 'Irene's' 'Kinnikinnick', Andy's, Ryvita,' 'Schnitzer,' 'Kavli', 'Nairn's' rye, brown rice & oat crackers.

Best cereals: Ezekiel, Jordan's, Nature's Path, Peace cereal, & your own oatmeal or granola!

Best nut butters- Almond, sesame, sunflower, hazelnut, hempseed, tahini.

Best nut & seed /fruit bars:

'Oskri', 'VEGA bars', 'Organic Food Bar', 'Rebar', 'Greens+', 'Clif bars'

Best potato chips: 'Lundberg's', 'Rice Works'

Instead of mayonnaise- 'Hummus'-chickpea spread, 'Pesto'-basil or sun-dried tomato, Dijon mustard, raw tahini, avocado, homemade tofu mayonnaise or health food store egg-based, not synthetic tofu product mayonnaise.

Best sauces- 'Miso Gravy' by The Naam, 'Gourmet To You' sauces, Sweet Chili sauces, 'Tresso' teriyaki sauces, 'President's Choice' {PC}- Kobe sauce & Montego Bay sauce.

These sauces have some wheat or sugar; but are better choices of prepared sauces available.

Best soy sauce- Organic Tamari sauce -wheat free

Better than tofu- Tempeh by 'Green cuisine'-Barbeque or Indonesian - best flavors

Best cheese & yogurt to use-

Cheese from unpasteurized/ raw cow milk: L'Ancetre, La Chaudiere, Organics by PC

Non-homogenized cow yogurt-by 'Saugeen' & 'Jerseyland Organics', also 'Liberty'

Non-homogenized goat yogurt/ cheese-'Happy Days', 'Oak Island', 'Goat's Pride', 'Woolwich'

Non-homogenized Ice cream by 'Stoneyfield Organics', or 'Rice Dream'

Milk substitutes- Brown rice-'Ryza', oat-'YU', almond-'YU' & 'Blue Diamond'

Soy milk-'Sunrise', 'Natura' or 'Eden'-Certified Organic & Non-GMO

Goat milk-'Oak Island acres' & 'McLennan Creek'

Coffee substitutes- 'Thuna's' & 'NutriMax', contain Dandelion root, barley, rye & chicory 'Wild Country' Grain Gourmet- Roasted rye, barley & chicory; 'Mount Hagen'-Bio Malz Kaffee=

Malted Barley Coffee. All have deep, full body taste! & 'Yerba Mate' is a herbal tea

Best sodas- 'Santa Cruz', 'Real Brew', 'Knudsen', 'Phoenix'

Best chocolate- Dark with high 70-80% cocoa content- 'Vivani', 'Endangered Species' 'Bija' by Udo's, 'Green & Blacks' 'Rapunzel', 'Daniels', 'Cote D'or' & 'Lindt', 'Cocoa Camino', are some of the best companies, for quality and taste.

Best sweeteners- Brown rice syrup, stevia, unpasteurized honey (do not cook with),

Panela- whole unrefined cane sugar, unrefined dark brown molasses sugar by

'Billington's', blackstrap molasses, organic pure maple syrup, blue agave syrup

Best juice- 'Knudsen', Arthur's', 'Hero', 'Bolthouse Farms'

Best fruits- Cranberries, blueberries figs, prunes, pears, apples, papaya, pineapple

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