Favorite Pre-packaged Products

Nutritionist approved items to help make eating clean easier.

There are many more great products out there, but this is a great starting point to look for these specific brands. Be sure to ALWAYS READ INGREDIENT LISTS and be on the look out for junk oils, refined sugars and chemical additives that are often hiding in packaged foods.

Cooking Fats & Oils



Sauces & Dressings



Goat, Sheep Dairy & Dairy Alternatives























Sweet Treats





















Pizza, Pasta, Rice, Tortilla & Bread























Loca-Vivant Kitchen
Sourdough & Bagels



Oat Bakery
GF & Superseed



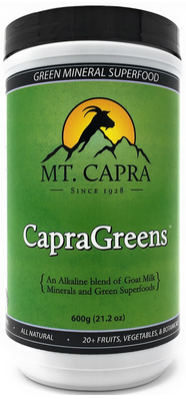
Spaghetti Squash

Electrolytes & Greens Powders











Protein Powder & Energy Bars









Coffee/Latte Alternatives









@betterbellynutrition

Kitchen Staples for Quick Meals



































Snacks


barnana
Organic
PLANTAIN
CHIPS
KETTLE COOKED
HIMALAYAN PINK SALT


Simple Mills
ALMOND FLOUR
CRACKERS
Fine Ground
Sea Salt


SunButter
Organic
SUNFLOWER
BUTTER


Artisana
ORGANICS
RAW ALMOND
BUTTER


OHi
OHi
OHi
OHi


elemental


purely elizabeth.
KETO GRANOLA CLUSTERS
GRAIN-FREE
COCONUT
CASHEW


Go Raw
SPROUTED
ORGANIC
SPICY FIESTA
SEEDS
WITH SEA SALT


THE NEW PRIMAL
BEEF
THINS
SEA
SALT


SPROUTED • RAW • ORGANIC
LARK ELLEN FARM
Simply
SPROUTED
ALMONDS
UNSALTED


100%
BISON
EPIC


Baba
HUMMUS
ORGANIC
classic


PACIFIC PICKLE WORKS
PICKLES
GINFLUENCE


spindrift
spindrift
spindrift
spindrift


ARTISAN
TROPIC
PLANTAIN
STRIPS
SEA SALT
GRAIN
FREE


APPLEGATE
ORGANICS
NO ANTIBIOTICS EVER
APPLEGATE HUMANELY RAISED
UNCURED
GENOA SALAMI


NO REFINED STARCHES | PALEO/PLANT-BASED | NO GREASY FINGERS
Hu
GET BACK TO HUMAN
GRAIN-FREE
CRACKERS
SEA SALT
NO GLUTEN/GRAINS
NO SUNFLOWER OIL
NO LECITHINS/GUMS
NO SEED/"VEGETABLE" OILS
NO TAPIOCA
NO DAIRY/SOY
NO MALTODEXTRIN
NO REFINED STARCHES*
NET WT. 4.25 OZ (120G)