



RECOMMENDED **B** BRAND GUIDE

GUÍA DE MARCAS RECOMENDADAS



Index Indice

Fruits / Frutas	1	Cottage Cheese / Queso Cottage	30
Vegetable / Vegetales	2	Cheese / Queso	31
Sweet Peas / Chícharos	3	Ham / Jamón	32
Green Beans / Ejotes	4	Chicken / Pollo	33
Boxed Cereal / Cereal De Caja	5	Tuna / Atún	34
Granola	6	Meat / Carne	35
Oat / Avena	7	Egg White / Claras De Huevo	36
Cookies And Crackers / Galletas	8	Pancakes / Hot Cakes	37
Pita Bread / Pan Pita	8	Nuts / Nueces	38
Box Bread / Pan De Caja	9	Peanut Butter /	
Hamburger Buns / Bollos	10	Mantequilla De Cacahuete	39
Hot Dog Buns / Medias Noches	10	Almond Butter /	
Rice Cakes / Tortitas De Arroz	11	Mantequilla De Almendras	40
Flour Tortilla / Tortilla De Harina	12	Coconut Flakes / Coco Rallado	41
Corn Tortilla / Tortilla	13	Oil Spray / Aceite en Spray	42
Corn Tostadas / Tostadas	13	Oil / Aceite	43
Tortilla Chips / Totopos	14	Mayonnaise / Mayonesa	44
Pasta	15	Sweeteners / Endulzantes	45
Rice / Arroz	17	Dried Fruit / Frutos Secos	46
Whole Kernel Corn /		Snacks / Bocadillos	47
Granos De Elote	19	Jam / Mermelada	48
Corn Masa / Harina De Maíz	20	Sugar Free Maple /	
Breader / Empanizador	21	Maple Sin Azúcar	49
Chickpeas / Garbanzos	21	Ice Cream / Helado	50
Black Beans / Frijoles	22	Gelatin / Gelatina	51
Skim Milk / Leche Descremada	23	Sugar Free Sweets /	
Plant Based Beverages /		Dulces Sin Azúcar	52
Bebidas A Base De Plantas	24	Cacao/Cocoa Powder /	
Yogurt	28	Cacao/Cocoa En Polvo	53
Plant Based Yogurt Alternatives /		Sauce / Salsa	54
Alternativas De Yogurt De Origen		Chamoy	55
Vegetal	29		
Sour Cream / Crema Agria	29		

Fruits Frutas



**Kroger
Fruits**



**Simple Truth Organic
Fruits**



**Halos
Mandarins**



**Mighties
Kiwi**



**Signature Farms
Mandarins**



**Pitaya Foods
Dragon Fruit**



**Great Value
Fruits**



**Driscoll's
Berries**



**HEB Organics
Fruits**



**Good & Gather
Fruits**



**Darling Clementines
Mandarins**



**HEB
Fruits**

Vegetables Vegetales



**HEB
Vegetables**



**Marketside
Vegetables**



**Birds Eye
Vegetables**



**Kroger
Vegetables**



**Good & Gather
Steam In Bag
Vegetables**



**Good & Gather
Vegetables**



**Dole
Vegetables**



**Great Value
Vegetables**



**Signature Farms
Vegetables**



**Kroger
Vegetables**

Sweet Peas Chícharos



**Great Value
Sweet Peas
No Salt Added**



**Organic Great Value
Sweet Peas
No salt Added**



**Good & Gather Organic
Black Beans**



**HEB
Sweet Peas
Not Salt Added**



**Del Monte
Sweet Peas
No Salt Added**



**Kroger
Sweet Peas
No Salt Added**



**Great Value
Sweet Peas**



**Kroger
Green Peas**



**Birds Eye
Sweet Peas**



**Good & Gather
Sweet Peas**

Green Beans Ejotes



HEB
Cut Green Beans
No Salt Added



Kroger
Cut Green Beans
No Salt Added



Great Value
Cut Green Beans
No Salt Added



Del Monte
Cut Green Beans
No Salt Added



Organic Great Value
Cut Green Beans
No Salt Added



Libby's Naturals
Cut Green Beans
No Salt Added



O Organics
Cut Green Beans
No Salt Added



Good & Gather
Cut Green Beans
No Salt Added

Boxed Cereal Cereal De Caja



**Awsumb Snacks
Organic Supercereal**



**Lovebird
Unsweetened**



**Cascadian Farm Organic
Mixed Berry Cereal**



**Cheerios
100% Whole Grain Oats**



**Three Wishes
Unsweetened**



**Hill Country Fare
Toasted O's
Sweetened Toasted Oats Cereal**

Granola



**:Ratio Keto Friendly
Coconut Almond Granola**



**Cascadian Farm Organic
Blueberry Vanilla Granola
No Added Sugar**



**Familia
Swiss Muesli
No Added Sugar**



**Livlo
Granolo
Keto Granola**



**Cascadian Farm Organic
Cinnamon Apple Granola
No Added Sugar**

Oat Avena



HEB Old Fashioned Oats



**Sample Truth Organic
100% Whole Grain
Rolled Oats**



**Kroger
Old Fashioned Oats**



**Bob's Red Mill Organic
Old Fashioned Rolled Oats
Whole Grain**



**Signature Select
Old-Fashioned Oats
100% Whole Grain Oat Cereal**



**Quaker Oats
100% Whole Grain Oats
Old Fashioned**



**Mom's Best Cereals
Old Fashioned Oats**



**Good & Gather
Old Fashioned Oats**



**O Organics
Old Fashioned Oats**

Cookies And Crackers Galletas



Lakanto
Mini Crunchy Cookies
Monkfruit Sweetened



Goya
Maria Cookies
Sugar Free



Nabisco
100% Whole Grain Wheat Thins
Reduced Fat



Gullón
Sugar Free Fiber



Nabisco
100% Whole Grain Wheat Thins
Hint of Salt



Triscuit
100% Whole Grain Wheat Thins
Reduced Fat

Pita Bread Pan Pita



Flatout
Foldit



Joseph's
Original Pita Bread



Middle East Baking Co.
Whole Wheat Organic Pita Bread

Box Bread Pan De Caja



**Oroweat
Superior Keto Bread**



**Oroweat
Schwarzwälder
Dark Rye Bread**



**Nature's Own
Life Keto**



**Nature's Own
100% Whole Wheat**



**Sara Lee
100% Whole Wheat**



**Sara Lee Delightful
Healthy Multi-Grain**



**Sara Lee Delightful
100% Whole Wheat**



**Food For Life
Ezekiel 4:9**



**Nature's Harvest
Healthy Habits Light
Multigrain**



**Nature's Harvest
100% Whole Wheat**



**Keto Friendly Sandwich
Bread White**



**Great Value
100% Whole Wheat
Bread**

Hamburger Buns Bollos



Oroweat
100% Whole Wheat Buns



Brownberry
Superior Keto Buns



Nature's Harvest
Hamburger Buns
100% Whole Wheat



Nature's Own
100% Whole Wheat
Hamburger Buns



Keto Friendly Hamburger Buns



Keto Culture Baking
Hamburger Buns

Hot Dog Buns Medias Noches



Nature's Harvest
Hot Dog Buns
100% Whole Wheat



Oroweat
Superior Keto Buns



Oroweat
100% Whole Wheat



Keto Culture Baking
Hot Dog

Rice Cakes Tortitas De Arroz



O Organics
Unsalted Rice Cakes



Lundberg
Organic
Whole Grain Rice Cakes



Quaker
Everything
Rice Cakes



Quaker
Salt Free
Rice Cakes



Rice Cakes
Multi Grain
Thin

Flour Tortilla Tortilla De Harina



**La Tortilla Factory
4NetCarb
Flour**



**La Tortilla Factory
4NetCarb
Whole Wheat**



**La Tortilla Factory
Low Carb Whole Wheat
Tortillas**



**Mission Zero Net Carbs
Original**



**Great Value
100% Whole Wheat
Bread**



**Mr. Tortilla
Multigrain**



**Nature's Harvest
Healthy Habits Light
Multigrain**



**Nature's Harvest
100% Whole Wheat**



**Keto Friendly Sandwich
Bread White**

Corn Tortilla Tortilla



Mission
Yellow Corn Tortillas
Extra Thin



Mission
White Corn Tortillas



Mission
Yellow Corn Tortillas



Guerrero
25 Calorías



HEB
Yellow Corn Tortillas



HEB
White Corn Tortillas

Corn Tostadas Tostadas



Charras Corn
Tostada Baked



Sanissimo Tostadas
Horneadas



Mission Tostadas
Horneadas

Tortilla Chips Totopos



**Good & Gather Organic
Blue Corn Tortilla Chips**



**Good & Gather Organic
Yellow Corn Tortilla Chips**



**Good & Gather Organic
Blue Corn With Flax Seed
Tortilla Chips**



**Good & Gather Organic
Black Bean Quinoa
Multigrain Tortilla Chips**



**Simply Organic Tostitos
Blue Corn**



**Simply Organic Tostitos
Yellow Corn**



**Tostitos
Lightly Salted**



**Mission
Tortilla Strips**



**Late July Snacks
Organic Sea Salt
Thin & Crispy**



**Simple Truth Organic
Yellow Corn Tortilla Chips**



**Simple Truth Organic
Blue Corn Tortilla Chips**



**Kroger
Original White Restaurant
Style Tortilla Chips**

Pasta



Sfoglini Pasta Organic



Good & Gather Yellow Lentil



Good & Gather Whole Wheat



Good & Gather Red Lentil



HEB Organics Chickpea



HEB Organics Red Lentil



HEB Organics Yellow Lentil



HEB Organics Whole Wheat



Barilla Whole Grain



Barilla Protein +



Barilla Red Lentil



Banza Chickpeas

Pasta



**Ancient Harvest Protein
Plant-Based Protein Pasta
Green Lentil**



**Ancient Harvest Protein
Plant-Based Protein Pasta
Red Lentil**



**Ancient Harvest Protein
Plant-Based Protein Pasta
Corn, Brown Rice & Quinoa**



**Dreamfields
Healthy Pasta Living**



**Great Value
Whole Wheat**



**Chickapea
Organic Pasta
Chickpeas and Lentils**



**Bionaturae
100% Organic Whole
Wheat**



**Kroger
100% Whole Grain**

Rice Arroz



Lundberg
Organic California Brown
Jasmine Gourmet Rice



Lundberg
Organic Brown Long
Grain Gourmet Rice



Lundberg
Organic California Brown
Basmati Gourmet Rice



Lundberg
Organic Wild Blend
Gourmet Rice



Mahatma Organic
Brown Rice



Mahatma
Jasmine Brown



Good & Gather
Long Grain Brown Rice



Golden Star
Brown Jasmine Rice



Ben's Original
Whole Grain Brown Rice



4Sisters
Extra Long Grain
Organic Brown Rice



Royal Blend
Rice Select



Goya
Brown Rice

Rice Arroz



**HEB Long Grain Brown
100% Whole Grain Rice**



**HEB Brown Jasmine
Whole Grain Brown Rice**



**Great Value
Natural Brown
Long Grain Rice**



**HEB Organics
Long Grain Brown Rice**



**Kroger 90 Second
Whole Grain Brown Rice**



**Simple Truth Organic
100% Whole Grain
Brown Rice**



**Success
Brown Rice
Whole Grain**



**Minute
Brown Rice**



**Ben's Original Ready Rice
Whole Grain Brown**



**Great Value
Brown Rice Instant
Natural Whole Grain**



**HEB Instant
Whole Grain
Brown Rice**

Whole Kernel Corn Granos De Elote



**Great Value
Whole Kernel Corn
No Salt Added**



**Organic Great Value
Whole Kernel Corn
No Salt Added**



**O Organics
Whole Kernel Corn
No Salt Added**



**Libby's Naturals
Whole Kernel Corn
No Salt Added**



**Del Monte
Whole Kernel Corn
No Salt Added**



**Signature Select
Whole Kernel Corn
No Salt Added**



**365 Whole Foods Market
Whole Kernel Corn
No Salt Added**



**Organics Green Valley
Whole Kernel Corn
No Salt Added**



**HEB
Whole Kernel Corn
No Salt Added**

Corn Masa Harina De Maíz



Quaker
Corn Tortilla Mix



HEB
Masa Instantánea



Masa Brosa
Instant Corn Masa



Torti Masa
Corn Masa Flour



Maseca
Instant Yellow Corn
Masa Flour



Maseca Azul
Instant Blue Corn
Masa Flour



Goya
Masarica
Instant Corn Masa Flour



Bob's Red Mill
Whole Grain Corn Flour
Gluten Free



Bob's Red Mill
Organic Whole Grain
Corn Flour



Bob's Red Mill
Whole Grain Corn Flour

Breader Empanizador



**Zatarain's
Fish Fri Wonderful**

Chickpeas Garbanzos



**Westbrae Natural
Organic Garbanzo Beans
No Salt Added**



**Kuner's
Garbanzo Beans
No Salt Added**



**Eden Organic
Garbanzo Beans
No Salt Added**



**Good & Gather
Chickpeas
Garbanzo Beans**

Black Beans Frijoles



**Great Value
Black Beans
No Salt Added**



**Kurer's
Black Beans
No salt Added**



**Eden
Organic Black Beans
No Salt Added**



**Conchita
Black Beans
Not Salt Added**



**HEB
Black Beans
No Salt Added**



**O Organics
Black Beans
No Salt Added**



**Verde Valle
Black Beans**



**Iberia
Black Beans**



**Great Value
Black Beans**



**Goya
Black Beans**



**Good & Gather
Black Beans**

Skim milk Leche descremada



Fairlife
Lactose Free
Fat Free Milk



Organic Valley
Fat Free Milk



Organic Valley
Lactose Free
Fat Free Milk



Horizon Organic
Fat Free Milk



Lactaid
Lactose and Fat Free
Milk



Lactaid Protein 2%
Reduced Fat Milk
Lactose Free



Darigold Zero
Fat Free Milk



Darigold
Lactose Free
Fat Free Milk



Darigold Fit
Reduced Fat Milk
Lactose Free



Crystal Creamery
Fat Free Milk



Crystal Creamery
Lactose Free
Low Fat Milk



Lucerne Skim Milk 0%

Plant Based Beverages Bebidas A Base De Plantas

Almond / Almendra



**Almond Breeze
Original
Unsweetened**



**Almond Breeze
Vanilla
Unsweetened**



**Silk Organic
Almond Unsweet**



**Silk Organic
Almond Vanilla
Unsweet**



**Silk Almond
Unsweet**



**Silk Almond
Vanilla Unsweet**



**Califia Farms
Organic Almondmilk
Unsweetened**



**Califia Farms
Almondmilk
Unsweetened**



**Califia Farms
Almondmilk Vanilla
Unsweetened**



**Elmhurst Milked
Almonds
Unsweetened**



**Better Than Milk
Organic Almond
Drink Unsweetened**



**Dream Almondmilk
Original
Unsweetened**



**Mooala Organic
Almondmilk
Unsweetened**



**Mooala Organic
Almondmilk Vanilla
Unsweetened**

Plant Based Beverages Bebidas A Base De Plantas

Oat / Avena



**Oatsome
Original**



**Califa Farms
Oatmilk Zero Sugar**



**Chobani Oat
Zero Sugar Plain**



**Elmhurst Milked Oats
Unsweetened**

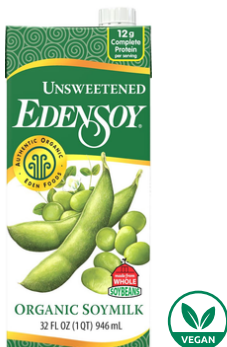


**Silk Oat
Unsweet**



**Better Than Milk
Organic Oat Drink
Unsweetened**

Soy / Soya



**EdenSoy Organic Soymilk
Unsweetened**



Silk Organic Soy



**West Life Organic
Soymilk Unsweetened**



**West Life Organic
Soymilk Vanilla
Unsweetened**

Plant Based Beverages Bebidas A Base De Plantas

Flaxseed / Linaza



**Good Karma
Flaxmilk
Unsweetened**



**Good Karma
Flaxmilk + Protein
Unsweetened**



**Good Karma Flaxmilk
Vanilla + Protein
Unsweetened**



**Mooala Organic
Ketomylk Original
Unsweetened**



**Silk Coconut
Unsweet**

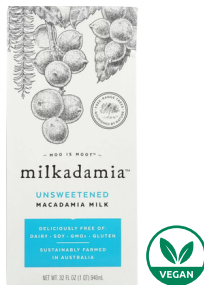
Macadamia



**Lechia Organic
Macadamia Milk
Unsweetened**



**Lechia Organic
Macadamia Milk
Vanilla Unsweetened**



**Milkadamia
Macadamia Milk
Unsweetened**



**Better Than Milk
Organic Rice Drink
Unsweetened**



**Dream Ricemilk
Original
Unsweetened**

Cashews / Nuez de la India



**Silk Cashew
Unsweet**



**Silk Cashew Vanilla
Unsweet**



**Elmhurst Milked
Cashews
Unsweetened**



**Elmhurst Milked
Walnuts
Unsweetened**



**Elmhurst Milked
Hazelnuts
Unsweetened**

Coconut / Coco

Rice / Arroz

Walnuts / Nuez

Hazelnut / Avellana

Plant Based Beverages Bebidas A Base De Plantas

Other / Otros



Almond Breeze
Almondmilk Coconut
Original Unsweetened



Lechia Organic
Almond & Chia Milk
Unsweetened



Lechia Organic
Chia & Flax Milk Vanilla
Unsweetened



Lechia Organic
Oat & Chia Milk
Unsweetened



Elmhurst Milked
Coconuts & Cashews
Unsweetened



Mooala Organic
Oat Milk
Unsweet Coconut



Ripple Unsweetened
Original



Ripple Unsweetened
Vanilla



Sproud Plant-Based Milk
Unsweetened

Yogurt



**Tillamook Greek Yogurt
Plain & Simple**



**Tillamook
Good & Creamy
Plain & Simple**



Fage Total



**Oikos PRO
yogurt-Cultured Ultra-
Filtered Milk**



**The Greek Gods Plain
Nonfat Yogurt**



**Oikos Blended Greek
Nonfat Yogurt**



**Chobani Greek Yogurt
Nonfat Plain**



**Wallaby Organic Aussie
Greek Nonfat Plain**



**Green Valley Lactose Free
Organic Plain
Lowfat Yogurt**

Plant Based Yogurt Alternatives Alternativas de Yogurt De Origen Vegetal



**So Delicious
Unsweetened Coconutmilk
Yogurt Alternative**



**So Delicious Unsweetened
Vanilla Coconutmilk
Yogurt Alternative**



**So Delicious Unsweetened
Vanilla Coconutmilk
Yogurt Alternative**

Sour Cream Crema Agria



Daisy Light Sour Cream



**Good & Gather
Light Sour Cream**



Knudsen Light Sour Cream

Cottage Cheese Queso Cottage



Daisy
Low Fat Cottage Cheese



Crystal Creamery
Low Fat Cottage Cheese



Knudsen
Fat Free Cottage Cheese



Knudsen
Low Fat Cottage Cheese



Lactaid
1% Milkfat Lowfat
Cottage Cheese



Good Culture
Low Fat Classic
Cottage Cheese

Cheese Queso



**Athenos
Fat Free Feta Cheese**



**President
Feta Crumbles
Fat Free**



**Kraft
Natural Cheese
Fat Free Cheddar Cheese**



**HEB
Natural Cheese
Fat Free Cheddar**



**Kraft
Natural Cheese
Fat Free Mozzarella Cheese**



**HEB
Natural Cheese
Fat Free Mozzarella**

Ham Jamón



**Hillshire Farm
Oven Roasted Turkey Breast
Lower Sodium**



**Applegate Naturals
Black Forest Uncured Ham**



**Applegate Naturals
Oven Roasted Turkey Breast**



**Farmer John
Premium Cooked Ham
Lower Sodium**



**Danola
Premium Ham
Lower Sodium**

Chicken Pollo



**Perdue
Chicken**



**Simple Truth
Natural**



**Tyson
All Natural Fresh**



**Heritage Farm
Fresh Chicken**



**HEB
Fresh Natural**



**Good & Gather
All Natural**



**Foster Farms
Fresh & Natural**



**Signature Farms
All Natural**



**ValBest
Chicken**



**Marketside Butcher
Chicken**



**Hill Country Fare
Chicken Fresh**

Tuna Atún



Bumble Bee Prime
Solid White Albacore
Tuna Water Low Sodium



Safe Catch
Wild Albacore Tuna
No Salt Added



Sea Tales
White Albacore Wild Tuna
No Salt Added



HEB
Solid White Albacore
No Salt Added



Central Market HEB
Solid White No Salt Added
Albacore Tuna



StarKist Selects
Chunk White Albacore
No Salt Added



Simple Truth
Albacore Solid White Tuna
No Salt Added



Wild Planet
Albacore Wild Tuna
No Salt Added



Genova
Albacore Tuna Olive Oil
No Salt Added



Sea Fare Pacific
Albacore
Salt Free Tuna



Crown Prince Natural
Solid White No Salt Added
Albacore Tuna

Meat Carne



Open Nature
100% Grass Fed Angus Ground Beef
93% Lean 7% Fat



Kroger
Ground Beef
93% Lean 7% Fat



All Natural
Lean Ground Beef
93% Lean 7% Fat



HEB
Lean Ground Beef
93% Lean 7% Fat



HEB
100% Grass Fed Ground Beef
93% Lean 7% Fat

Egg Whites Claras De Huevo



Bob Evans
Cage Free Egg Whites
100% Liquid Egg Whites



Egg Beaters
Cage Free All Natural
100% Egg Whites



Sunny Fresh
Super Whip Egg Whites



Great Value
Cage Free
100% Liquid Egg Whites



Simple Truth Organic
Cage Free Egg Whites
100% Liquid Egg Whites



Kroger
Cage Free Egg Whites
100% Liquid Egg Whites



Hill Country Farm
Real Egg Whites



HEB
Cage Free Egg Whites
100% Liquid Egg Whites



Lucerne Farms
Cage Free Egg Whites
100% Liquid Egg Whites



O Organics
Cage Free Egg Whites
100% Liquid Egg Whites

Pancakes Hot Cakes



**Health Enhanced Foods
Chickpea
Pancake and Muffin Mix**



**Lakanto
Sugar Free
Pancake & Baking Mix Keto**



**Maple Grove Farms Of
Vermont
Pancake & Waffle Mix**



**Trueats
Pancake & Waffle Mix**



**Lili's Gourmix
Pancakes**



**Good Dee's
Pancakes Plus Keto**



**Keto and Co.
Pancake & Waffle
Keto Baking Mix**



**Wheat Montana
Whole Wheat With Flax
Whole Grain Pancake Mix**

Nuts Nueces



HEB
Mixed Nuts Deluxe
Roasted & Unsalted



Planters Nutrition
Heart Healthy Mix



Good & Gather
Unsalted Roasted
Mixed Nuts



Members Mark
Unsalted Deluxe
Mixed Nuts



Planters Deluxe
Unsalted Mixed Nuts



Woodstock
Roasted And Unsalted
Almonds



Kroger
Whole Cashews Unsalted



Kind Specialty Nuts
Dry Roasted Unsalted
Nuts



Simple Truth
Roasted Unsalted
Pistachios



Kirkland Signature
Extra Fancy Unsalted
Mixed Nuts



Diamond
Shelled Walnuts



Fisher
Chopped Pecans

Peanut Butter Mantequilla De Cacahuete



**Crazy Richard's
100% Peanuts Creamy**



**Smucker's
Natural Peanut Butter**



**Smucker's
Organic Peanut Butter**



**Kirkland
Organic Creamy
Peanut Butter**



**O Organics Unsalted Old
Fashioned Creamy Organic
Peanut Butter**



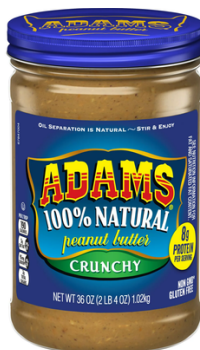
**Alpino
Natural Peanut Butter**



**Spread The Love
Naked Organic
Peanut Butter**



**Cropino
Natural Peanut
Butter Creamy**



**Adams 100% Natural
Peanut Butter**



**Whole The Truth
Unsweetened
Peanut Butter**



**Good & Gather
Organic Creamy
Peanut Butter**

Almond Butter Mantequilla de Almendras



**Good & Gather
Creamy Almond Butter
Unsweetened and No Salt Added**



**Artisana Natural
Unroasted Almond Butter**



**Kirkland Signatures
Creamy Almond Butter**



**The Butternut Co.
Almond Butter Unsweetened**



**Spread The Love
Unsalted Almond Butter**



**Crazy Richard's
100% Almonds Creamy**

Coconut Flakes Coco Rallado



**Great Value Organic
Unsweetened Coconut Flakes**



**Bob's Red Mill
Unsweetened Coconut Flakes**



**Let's Do Organic
Unsweetened Coconut Flakes**



**Kroger
Flaked Coconut Unsweetened**



**Simple Truth Organic
Unsweetened Coconut Flakes**



**O Organics
Shredded Coconut Flakes
Unsweetened**



**HEB Organics
Coconut Flakes Unsweetened**

Oil Spray Aceite en Spray



Pam
Extra Virgin Olive Oil
Spray



Pompeian
Extra Virgin Olive Oil Spray



Kroger
Extra Virgin Olive Oil
Cooking Spray



HEB
Extra Virgin Olive Oil
Cooking Spray



Great Value
Extra Virgin Olive Oil
Spray



Great Value
Canola Oil Spray



Kroger
Canola Oil Spray
Cooking Spray



Ottavio
Canola Oil Spray



Ottavio
Avocado Oil Spray



Pam
Avocado Oil Spray



Simple Truth
Avocado Oil Spray



HEB
Avocado Oil Spray

Oil Aceite



Pompeian
Extra Virgin Olive Oil
Robust



Bertolli
Extra Virgin Olive Oil



Great Value
Extra Virgin Olive Oil



HEB
Extra Virgin Olive Oil



HEB Organics
Extra Virgin Olive Oil



Pompeian
Extra Virgin Olive Oil
Smooth



Great Value
Canola Oil



Signature
100% Canola Olive Oil



Better Body Foods
Avocado Oil



Great Value
Avocado Oil



HEB
Avocado Oil



Spectrum
Avocado Oil

Mayonnaise Mayonesa



**Market Pantry
Light Mayonnaise**



**Primal Kitchen
Mayo Avocado Oil**



**Great Value
Light Mayo**



**Sir Kensington's
Classic Mayonnaise**



**Duke's
Light Mayonnaise**



**Kraft
Mayo Olive Oil**



**Best Foods
Olive Oil Mayonnaise
Dressing**



**Best Foods
Light Mayonnaise**



**Chosen Foods
Classic Mayo
100% Pure Avocado Oil**



**Hellmann's
Light Mayonnaise**



**Hellmann's
Vegan Dressing & Spread**



Sweeteners Endulzantes



**Whole Earth
Stevia Leaf & Monk Fruit**



**Splenda
Monk Fruit**



**HEB
Zero Calorie Sweetener Blend**



**Lakanto
Monkfruit Sweetener**



**Splenda
Stevia**



**Truvia
Stevia Leaf**



**Truvia
Monk Fruit**



**Better Body Foods
Monk Fruit Blend**



**Kroger
Stevia**

Dried Fruit Frutos Secos



**Patience Fruit & Co.
Organic Cranberries
No Added Sugar**



**Mariani Premium
Pitted Prunes**



**Signature Farms
Dried Mangoes**



**O Organics
Dried Mangoes**



**Signature Farms
Dried California Peaches**



**Ocean Spray
Craisins Dried Cranberries
50% Less Sugar**



**HEB Organics
Raisins
No Sugar Added**



**Nut Cravings
Dried Pears**



**Nut Cravings
Dried Apricots**



**Nut Cravings
Pitted Prunes**

Snacks Bocadillos



Kroger
Crispy And Crunchy Wavy
Lightly Salted



Calbee
Harvest Snaps
Lightly Salted



Black Jewell
Popcorn
No Salt & No Oil



CornNuts Original
Crunchy Corn Kernels



Lays
Lightly Salted
50% Less Sodium



Cascadian Farm Organic
Bars
No Added Sugar



Kind Zero
Bars
Zero Added Sugar



That's It
Fruit Bars



Keto
NolaBar

Jam Mermelada



**Dillman Farm Organic
Apple Butter Spread
No Sugar Added**



**Smucker's
Sugar Free**



**Great Value
Preserves
Sugar Free**



**Choc Zero
Keto Spread Strawberry Jam**



**Good Good Jam
No Added Sugar**



**Mrs. Miller's
Homemade Jam
No Granulated Sugar Added**

Sugar Free Maple Maple Sin Azúcar



**Cary's
Sugar Free Low
Calorie Syrup**



**Vermont
Sugar Free
Low Calorie Syrup**



**Sweet Leaf
Stevia Syrup
Sugar Free**



**Great Value
Sugar Free Syrup**



**Mrs. Butter Worth's
Sugar Free**



**Lakanto Maple Flavored
Syrup Sweetened With
Monkfruit**



**Signature Select
Lite Sugar Free Original
Syrup**



**Maple Grove Farms
Low Calorie Syrup
Sugar Free**



**Maple Grove Farms
Sugar Free**

Ice Cream Helado



**Keto
Ice Cream
Zero Added Sugar**



**Higher Harvest By HEB
Zero Sugar Added**



**Frozen Farmer
Farm Crafted Honeydew Sorbet
Dairy, Gluten & Fat Free**



**Rebel
Ice Cream
0 g sugar**



**Halo Top
Light Ice Cream
270 Calories Per Pint**

Gelatin Gelatina



**Hill Country Fare
Gelatin Dessert
Sugar Free**



**Kroger
Gelatin Dessert
Sugar Free**



**Royal
Reduced Calorie Gelatin
Sugar Free**



**Jell-o
Gelatin Dessert
Sugar Free**



**Starburst
Gelatin
Sugar Free**



**Great Value
Gelatin Dessert
Sugar Free**

Sugar Free Sweets Dulces Sin Azúcar



**Simple Truth
Dark Chocolate 80% Cacao
No Sugar Added**



**Hershey's
Special Dark
Zero Sugar**



**York
Zero Sugar**



**Hershey's
Almond
Zero Sugar**



**Reese's
Zero Sugar**



**Hershey's
Caramel
Zero Sugar**



**Lily's
Creamy Milk
No Sugar Added**

Cacao / Cocoa Powder

Cacao / Cocoa en Polvo



**Guittard
Cocoa Rouge
Unsweetened**



**HEB Organics
Cocoa Powder
Unsweetened**



**Kroger
Baking Cocoa**



**Navitas Organics
Organic Cacao Powder**



**Viva Naturals Organics
Cacao Powder**



**Saco Conscious Kitchen
Organic Cocoa**



**Better Body Foods
Organics Cacao Powder**



**Great Value
Baking Cocoa
Unsweetened**



**Hershey's
100% Cacao Natural
Unsweetened**



**Nestle
Toll House
100% Pure Cocoa**

Sauce Salsa



**The Silver Palate
Marinara
Low Sodium**



**On The Border
Mild Salsa**



**Heinz
Tomato Ketchup
No Sugar Added**



**Yo Mama's
Spicy Ketchup
No Added Sugar**



**Primal Kitchen
Pizza Sauce
Unsweetened**



**Hunts
Tomato Sauce
No Salt Added**

Chamoy



I Love Chamoy
Chamoy Sweetened With Monk Fruit
Sugar Free



Siete
Sweet & Tangy Chamoy



Chilerito
Chamoy



Amor
Chamoy Sauce



Good & Gather
Mango Lime Chamoy

Lizeth M.



Fitness Coach



6625017583



LIZETH.FITNESSCOACH



LIZETH.FITNESSCOACH



LIZETH.FITNESSCOACH@GAMIL.COM