

Instead, Eat This

Processed Food	Homemade Ingredients	Recipe Links	My Store-Bought Picks
Granola Bars	rolled oats, nuts/seeds, dried fruit, oil/butter, natural sweetener (honey, maple syrup, dates), nut butter	Protein Granola Bars	Lara Bar Nature's Path
Pancake Syrup	100% Pure Maple Syrup		Read Ingredient Labels
Salad Dressing	herbs (fresh or dry), salt, an acid (like lemon juice or vinegar), olive oil	10 Salad Dressings	Tessemae's
Canned Soup or Cream of Soup	vegetables, meat and/or beans, whole grain or brown rice pasta, broth/stock, herbs, whole milk and flour (for condensed soup)	Sausage Kale White Bean Chicken Noodle Condensed Cream-Chicken	
Potato Chips	good fat (like avocado oil, coconut oil, etc.), potatoes, salt, kale (for kale "chips")	Potato Chips Kale Chips	Jackson's Honest Chips Good Health Avocado Oil Chips