

# What to Buy: KING SOOPERS:



With the BFree brand you cannot lose! They have bagels, white breads, whole wheat options, and even pita bread. They are all delicious!



Canyon bakehouse is another good option for gluten free breads and bagels. I haven't tried all of the flavors, but you can't go wrong with Rye or Cinnamon Raisin!



Most of Mission's products contain gluten or GMO corn. However, they have a good gluten free tortilla which you can find down at the very bottom of their display.



Out of all the gluten free flours I've tried, King Arthur brand makes the best. They also have a number of yummy baking mixes as well as pancake mix.

Udi's has a lot of different gluten free options, like breads, pizza dough, and granola.





Macro bars are a fantastic macrobiotic option. They are all plant-based, free of additives and totally delicious.



Epic bars are fantastic high protein, very healthy, Paleo friendly snack bars that are very satisfying and easy to travel with.



Meyenberg goat milk is a healthy milk alternative, which processes better than regular cow's milk. The So Delicious coconut milk in the green box has no unhealthy additives.



Rx Bars contain only eggs, nuts and dates and are a very healthy option. Note: due to the concentrated nutrition you MUST drink plenty of water when eating one of these bars to avoid bloating.



Wild Zora "bars" are a healthy, high protein, Paleo friendly snack. They are essentially a healthy form of beef jerky, and are very satisfying!

