



THE SIMPLE SWAPS GUIDE

HI, FRIEND!

Welcome to my Simple Swaps guide! The purpose of this PDF is to show you how easy and delicious healthy eating can be. Each brand listed is categorized by food type and can be found in one or more of these grocery stores: Sprouts, CostCo, Whole Foods, Central Market, and Kroger. If all else fails, try [Thrive Market](#).

While this list is definitely not exhaustive, these particular products are my personal favorites (in terms of health AND taste) and used on rotation in my kitchen. Food is meant to be enjoyed, so I hope you'll find these simple swaps easy to love!



XOXO,
emily

HAPPY SHOPPING!

HEALTHY CARBS

bread

- + Canyon Bakehouse (GF bread, bagels & buns)
 - + Ezekiel Sprouted Bread
- + Angelic Bakehouse Sprouted Bread
- + Izzio San Francisco Style Sourdough Bread
 - + Coco Bakes Gluten-Free Bread

tortillas

- + Siete Cassava or Almond Flour Tortillas
 - + Siete Grain-Free Taco Shells
 - + Mikey's Paleo Tortillas
- + La Tortilla Factory Corn Tortillas
 - + Central Market Butter Tortillas

chips + crackers

- + Simple Mills Crackers
- + Siete Grain-Free Tortilla Chips
- + The Real Coconut Flour Tortilla Chips
 - + Mary's Gone Crackers
 - + Epic Pork Rinds
- + Thrive Market Sprouted Popcorn
 - + Lesser Evil Paleo Puffs
- + Barnana Organic Plantain Chips
- + Kettle Brand Avocado Oil Potato Chips

pizza crust

- + Mikey's Mini Paleo Pizza Crust
- + Angelic Bakehouse Flatzza Sprouted Pizza Crust
 - + Cappello's Paleo Pizza Crust
- + Simple Mills Almond Flour Pizza Dough
 - + Caulipower Frozen Pizzas

pasta

- + Rao's Homemade Pasta
- + Banza Chickpea Flour Pasta
 - + Jovial Brown Rice Pasta
 - + Jovial Cassava Flour Pasta
- + Eden Foods Buckwheat Soba Noodles

HEALTHY CARBS

baking

- + Pascha 85% Bitter Sweet Dark Chocolate Chips
 - + Lily's Dark Chocolate Baking Chips
 - + Simple Mills Cake Mixes
 - + Bob's Red Mill Flours
 - + One Degree Organic Sprouted Spelt Flour
 - + Jovial Organic Einkorn Flour
- + Organic cane sugar, raw honey, or maple syrup

granola + cereal

- + Purely Elizabeth Granola
- + Paleonola Grain-Free Granola
- + LoveBird Cassava Flour Cereal
- + Bob's Red Mill Paleo Style Muesli
 - + Wildway Grain-Free Granola
- + Catalina Crunch Protein Cereal
 - + Magic Spoon Cereal

pancakes + waffles

- + Birch Benders Frozen Paleo Waffles
 - + Birch Benders Paleo Waffle Mix
- + Simple Mills Almond Flour Pancake Mix
- + Arrowhead Mills Buckwheat Pancake Mix
 - + Evergreen Frozen Waffles
 - + Pamela's Pancake Mix

grains + beans

- + Lundberg Organic Rice
- + TruRoots Sprouted Lentils
- + One Degree Organic Sprouted Rolled Oats
 - + Thrive Market Sprouted Quinoa
- + Bob's Red Mill Buckwheat Groats
 - + Organic Dried Beans

sweet treats

- + Endangered Species Dark Chocolate Bars
- + Lily's Sweets Dark Chocolate Covered Almonds
 - + Hail Merry Cups and Tarts
- + Perfect Snacks Chocolate Peanut Butter Cups
 - + Cosmic Bliss Ice Cream
- + Van Leeuwen French Ice Cream

GO-TO SNACKS

sweet

- + RX Bars
- + Larabars
- + Paleo Valley Bars
- + MCT Bars
- + Bulletproof Bars
- + Vital Proteins Bars
- + Aloha Bars
- + Perfect Keto Bars
- + Primal Kitchen Bars
- + Love Good Fats Bars
- + Perfect Bars
- + Kind Bars

savory

- + Epic Bars & Bites
- + Wild Zora Bars
- + Chomps Sticks
- + SeaSnax Seaweed Snacks
- + Lundburg Organic Thin Stackers

nut butters

- + Santa Cruz Organic Peanut Butter
- + Purely Pecans Pecan Butter
- + Justin's Nut Butters
- + Nutzo Organic Power Fuel
- + SunButter Organic Sunflower Seed Butter
- + Barney Butter Bare Smooth Almond Butter
- + Nutiva Organic Coconut Manna
- + Sprouts Organic Tahini Butter
- + Georgia Grinders Nut Butters

SMOOTHIE ADD-INS

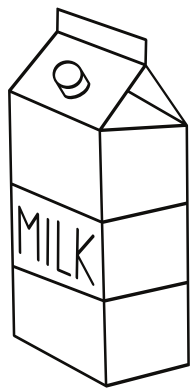
protein

- + Primal Kitchen Collagen Fuel
- + Paleo Valley Bone Broth Protein
- + Saturée Clean Casein
- + Mt. Capra Whole Protein

fiber

- + Organic India Whole Husk Psyllium
- + Mamma Chia Organic Black Chia Seeds
- + Spectrum Essentials Ground Flaxseed
- + Navitas Hemp Seeds

BEVERAGES



coffee + tea

- + RISE Brewing Co. Black Nitro Cold Brew
 - + Organo King Coffee
- + Chameleon Organic Cold Brew
 - + Yogi Tea Bags
- + Traditional Medicinals Tea Bags
 - + Pique Tea Crystals
- + FourSigmatic Mushroom Elixirs

etc.

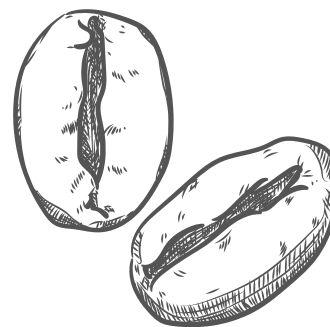
- + Spindrift, Waterloo, or Aha Sparkling Water
 - + Lakewood Aloe Vera Juice
 - + C2o Pure Coconut Water
- + LonoLife Sipping Broth (Powder Sticks)
 - + Pom Wonderful Pomegranate Juice
- + Uncle Matt's Organic Orange/Grapefruit Juice
- + Numi Organic 65% Dark Drinking Chocolate

milk + cream

- + Raw Milk (from a local dairy farm)
 - + Summerhill Goat Milk
 - + Kalona Supernatural Whole Milk
- + Kalona Supernatural Whipping Cream
 - + Mill-King Whole Milk
- + Maple Hill Organic Grass-Fed Whole Milk
 - + Kitu Super Creamers

fermented

- + Revive Sparkling Kombucha
- + Rowdy Mermaid Kombucha
- + Remedy Raw Organic Kombucha Tea
- + Flying Embers Hard Kombucha (Alcoholic)
- + Austin EastCiders Dry Cider (Alcoholic)
- + Dry Farm Wines (Alcoholic)



PERISHABLES

meat + cheese

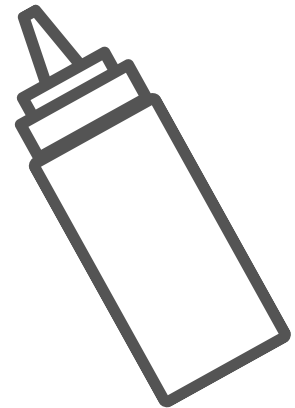
- + Applegate Meat Products
- + Pederson's Pork Products
- + Organic Valley Shredded Cheese
- + Organic Pastures Raw Cheddar
 - + Rumiano Sliced Cheese
- + Horizon Organic Shredded Cheese
 - + True Story Deli Meat

yogurt

- + GT's Cocoyo
- + Culina Coconut Yogurt
- + Siggi's Plain Yogurt
- + Stonyfield Grass-Fed Whole Milk Yogurt
- + Organic Valley Grassmilk Plain Yogurt
- + Maple Hill Organic Greek Yogurt
- + Lucky Layla Drinkable Yogurt

condiments

- + Primal Kitchen Mayo, Ketchup, & Mustard
 - + Frank's Red Hot Original Sauce
 - + Hope Hummus



eggs

- + Vital Farms
- + Pete & Gerry's Organic Eggs
- + Happy Egg

fruit + veggies

- + Cece's Veggie Noodle Co.
- + Santa Cruz Organics Applesauce
- + Wholly Guacamole
- + Sprouts Frozen Riced Broccoli & Cauliflower

COOKING STAPLES

broths

- + Kettle & Fire Bone Broths
 - + Bare Bones Broths
- + Bonafide Provisions Broths
 - + Imagine Organic Broths

sauces

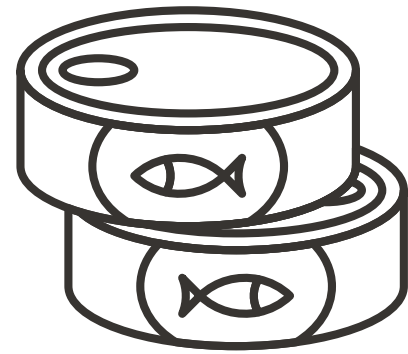
- + Yai's Thai Sauces
- + Primal Kitchen No Dairy Alfredo Sauce
 - + Primal Kitchen Salad Dressings
 - + Coconut Secret Coconut Aminos
 - + Tessemae's Dressings
- + The New Primal Sauces and Marinades
 - + Red Boat Fish Sauce
 - + Rao's Pasta Sauces

etc.

- + Keto and Co. Dried Broccoli & Cauliflower Rice
 - + Simply Organic Spices
 - + Redmond Real Salt
 - + Maldon Salt

canned foods

- + Safe Catch Canned Wild Tuna
- + Wild Planet Canned Wild Fish
- + Patagonia Provisions Canned Mussels
- + Native Forest Organic Coconut Milk & Cream
 - + Muir Glen Tomatoes



oils + fats

- + 4th & Heart Himalayan Salted Ghee
- + Chosen Foods Avocado Oil Spray
 - + Primal Kitchen Avocado Oil
 - + Fatworks Cooking Fats
- + Nutiva Organic Virgin Coconut Oil



KEEP IN TOUCH

WEBSITE


www.withcandorwellness.com

SOCIAL MEDIA

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