

Note that anything *italicized* denotes a brand name

DAIRY

CHEESE:

- Nut and/or seed cheeses
- Nutritional yeast
- *Basic Roots* “feta”
- *Spread ‘Em* semi-soft vegan cheeze
- *Nuts for cheese* cashew cheeses
- *Flora fromage* cashew cheese
- *Miyoko’s* cheeses

MILK:

- Oat milk (unsweetened)
- Almond milk (unsweetened)
- Coconut milk (unsweetened)
- Cashew milk (unsweetened)
- Macadamia milk (unsweetened)
- Pea milk (unsweetened)

YOGURT:

- Coconut, nut or oat yogurts (unsweetened)
- *Riviera* coconut yogurt (unsweetened)
- Homemade coconut yogurt (see Cookbook)
- *Yoats* oat yogurt (unsweetened)
- *Riviera* plain coconut kefir (unsweetened)

SOUR CREAM:

- Dairy-free yogurt (see above)

BUTTER:

- *Miyoko’s* cultured vegan butter
- *Melt Organic* butter
- Nut butters for baking
- Coconut oil/butter
- Cacao butter for baking
- “Clean” bacon fat (bacon that was only cooked at 290C or less)

GLUTEN

BREAD:

- Brown rice cakes
- Butter lettuce
- Slices of sweet potato or yam
- “Life-changing loaf of bread” (see Cookbook)
- “Chickpea Socca” (see Cookbook)
- *Queen Street Bakery* gluten-free breads

WRAPS:

- *Real Coconut* coconut flour tortillas
- *Live* GF vegetable wraps

PIZZA CRUST:

- Cauliflower crust (see Cookbook)

PASTA:

- Rice, quinoa or bean pastas
- *GoGo Quinoa* pastas (quinoa, rice, cauliflower)
- *Chickapea* bean pasta

CRACKER:

- *Mary’s Super Seed Crackers*

GRAINS/FLOURS:

- *Bob’s Red Mill* 1-to-1 flour
- Cassava flour
- Almond flour
- Chickpea flour
- Gluten-free oat flour
- Amaranth grain/flour
- Arrowroot flour/starch
- Bean/Legume flours
- Coconut flour
- Nut & seed flours
- Buckwheat grain/flour
- Millet grain/flour
- Potato & potato starch
- Sorghum grain/flour
- Teff grain/flour
- Quinoa grain/flour
- Rice grain/flour
- Tapioca flour/starch

EGGS

EGG:

- Flax egg: 1 tbsp flaxseed meal + 2.5 tbsp water, let sit for 5 min

MAYO:

- *Earth Island* soy-free vegenaïse

SOY

SOY SAUCE:

- *Bragg's* coconut aminos
- Fish sauce
- Combination of the 2

CORN

CHIPS:

- *Beanfield's* baked bean chips
- *Hippie Snacks* avocado, almond or cauliflower crisps
- Kale Chips (see Cookbook)

REFINED SUGAR

- Honey (<25g)
- Maple syrup (<25g)
- Coconut sugar (<25g)
- Fruit juice sugars (<25g)
- Blackstrap molasses (<25g)
- Agave (<25g)
- Stevia
- Monk fruit sweetener
- Chocolate:
 - *Zazu bean* coconut sugar chocolate bars
 - *Midday* Squares

PROCESSED MEATS (bacon, sausage, deli meat)

- *Sunworks Farm*
- *Broek Pork Acres*
- *McLean Meats*

ALCOHOL

- Sparkling water (*La Croix, Bubly*, etc.)
- *RISE* kombucha, sweetened with stevia (kiwi-pineapple, watermelon-mint, etc.)
- *Kite Sparkling Botanicals*
- *Boreal Botanical Brewing company* botanical tonics