NOURISH AND THRIVE
NUTRITION CENTER

Grocery Shopping Brand Guide

A simple guide curated by Registered Dietitian Nutritionists that includes brands to consider while grocery shopping at your local supermarket to stock your kitchen zones.

Welcome!



Hi! We are Elisa England MS, RDN & Ellen Petrosino MS, RDN, IFNCP the co-founding Registered Dietitian Nutritionists of the ***Nourish and Thrive Nutrition Center***. Our mission is to empower our community with the knowledge and culinary skills to build a health supporting plate.

We know that prepapred convenience items can significantly cut down your time spent in the kitchen and help you to assemble a quick on-the-go snack. **That's why we have created this guide and checked all the nutrition labels to save you time while shopping!**

Included are clickable links that will direct you to product websites to help determine if a product is a good fit for your needs before heading to the store. We encourage you to check back here periodically as we continue to add more fantastic grocery store finds!

Looking for options for a category you don't see? Let us know!

*Disclaimer: Nourish and Thrive Nutrition Center has no affiliation with any of the mentioned brands.

Grocery Shopping Brand Guide

Key: CG - contains gluten; CD -contains dairy

PROTEIN DRINKS

- Orgain Clean Protein (Grass Fed) (CD)
- OWYN

PROTEIN POWDER

- Aloha Organic Plant Based Protein
- Naked Whey (CD)
- True Fit Grass Fed Whey Protein (CD)
- Vital Proteins

PROTEIN BARS

10g protein +

- 88 Acres Pumpkin Seed Bars
- Aloha bars
- Hemp Yeah! Bars
- Macro bar
- Rise Bar
- RX Bar
- Zing Bars

ENERGY BARS

<5g protein

- Health Warrior Chia Seed Bars
- Jone's Bars
- Lara Bars
- Trader Joe's Date Bars

As products are ever changing, please refer to the product label for the most accurate ingredient information to ensure that the product best meets your personal needs.

Grocery Shopping Brand Guide

Key: CG - contains gluten; CD -contains dairy

DAIRY YOGURT

- Chobani Low Fat Plain Greek Yogurt
- Fage Greek Yogurt
- Green Valley Lactose Free
- Oikos Triple Zero or Oikos Pro
- Siggis Icelandic Style
- Two Good Greek Yogurt

PLANT MILK

- Califa Farms **Organic** Almond or Oat Milk
- Eden Organic Soy Milk
- Elmhurst
- Mooala
- Oatly Oat Milk
- Three Trees

PLANT-BASED CHEESE

- Esti Feta
- Good Planet Cheese
- Kite Hill Ricotta
- Kite Hill Cream cheese
- Violife Cheese

PLANT BASED YOGURT

- Cocoyo GT Synergy Coconut Yogurt
- Cocojune Pure Coconut
- Forager Organic Dairy-Free Probiotic Drinkable Cashewmilk Yogurt
- Siggi's Plant-Based Yogurt

NON DAIRY CREAMERS

- Califia Barista Oat
- Oatly Barista Edition Oat Milk
- Elmhurst Creamers & Barista

As products are ever changing, please refer to the product label for the most accurate ingredient information to ensure that the product best meets your personal needs.

Grocery Shopping Brand Guide

Key: CG - contains gluten; CD -contains dairy

QUICK PROTEINS

- Applegate (Deli meat, grilled and breaded chicken, turkey and chicken breakfast sausage)
- Bilinski chicken sausage
- Dr. Prager's Veggie Burgers
- Eden Organics canned beans
- Green Valley Organics canned beans
- Hillary's Veggie Burgers
- Jones Chicken Sausage
- Trader Joe's Chunk Light or Skipjack
- Wild Planet canned fish and chicken

**Check the freezer section*

BREADS & WRAPS

- Base Culture*
- Canyon Bakehouse*
- Dave's Killer Seed Bread (CG)
- Food for Life Brown Rice Tortilla
- Food For Life Ezekiel Sprouted Breads* (CG)
- Food For Life Millet Rice*
- Live Pacha
- Schar Artisan Baker 10 Grains & Seeds
- Siete Family Grain Free Tortillas
- Simple Kneads
- Three Bakers
- Unbun*

VEGGIE BURGERS

- Amy's Veggie Burgers
- Dr. Prager's Veggie Burgers

As products are ever changing, please refer to the product label for the most accurate ingredient information to ensure that the product best meets your personal needs.

Grocery Shopping Brand Guide

Key: CG - contains gluten; CD -contains dairy

GLUTEN FREE PASTA

- Ancient Harvest Gluten Free Pasta
- Ancient Harvest Lentil Pasta
- Barilla Chickpea Pasta
- Explore Cuisine Bean Pastas
- Bionaturae Rice & Lentil Pasta
- Jovial Brown Rice Pasta
- Jovial Cassava Pasta
- Tinkyada Brown Rice Pasta
- Trader Joe's Lentil Brown Rice Pasta
- Veggie Craft Farms Veggie Pasta

CONDIMENTS & DRESSINGS

- Annie's
- Primal Kitchen
- Sir Kensington's

JARRED SAUCES

- Primal Kitchen Pasta and Pizza Sauces
- Rao's Pasta Sauces
- Victoria Pasta Sauces

SOUPS & BROTHS

- Amy's Soups
- Kettle & Fire Bone Broth
- Pacific Organic Bone Broth, unsalted

PIZZA CRUST

- Caulipower Pizza Crust
- Schar Pizza Crust
- Simple Mills Pizza Dough Mix
- Trader Joes GF Pizza Crust

As products are ever changing, please refer to the product label for the most accurate ingredient information to ensure that the product best meets your personal needs.

Grocery Shopping Brand Guide

Key: CG - contains gluten; CD -contains dairy

FLOURS/BAKING MIXES

- Bob's Red Mill
- King Arthur's Gluten Free Baking Mixes
- Simple Mills

CRACKERS & CRUNCHY SNACKS

- Bienna or Saffron Road Roasted Chickpea Snacks
- Flackers
- Le Pain de Fleur Organic Chestnut Crispbread
- Lundberg's Rice Stackers
- Mary's Gone Crackers
- Simple Mills Almond Flour Crackers
- SuperSeedz
- Wasa Crispbreads (CG)

PANCAKES & WAFFLES

- Birch Benders Gluten Free
- Birch Benders Paleo
- Kodak Protein Waffles (CG and CD)

CHOCOLATE

- Enjoy Life Chocolate Chips
- Hu Chocolate

HOT & COLD CEREAL

- Autumn's Gold Grain Free Granolas
- Paleonola Grain Free Granola
- Purely Elizabeth Superfood Oatmeal and Granolas
- Qi'a Hot Breakfast Cereal
- Rx Oatmeal Cups
- Seven Sundays Cereal, Granola and Muesli

As products are ever changing, please refer to the product label for the most accurate ingredient information to ensure that the product best meets your personal needs



Interested in learning more?

Let's Connect

732-947-0925

hello@nourishthrive.info

@nourishandthrive_rdn

Find us on Facebook

Nourish and Thrive Nutrition Center
101 Town Center Drive, Suite 113
Warren, NJ 07059



Elisa England
MS, RDN

Ellen Petrosino
MS, RDN, IFNCP