

Beverage

Trader Joe's: Rice Drink Non-Dairy Beverage
1g Protein per Serving: 1 cup/240mL

Candy

Trader Joe's: Citrus Gum Drops
0g Protein per Serving: 13 pieces/39g

Trader Joe's: All Natural Fruit Jellies
0g Protein per Serving: 5 pieces/43g

Trader Joe's: Organic Lollipops
0g Protein per Serving: 3 pops/17g

Cereal

Trader Joe's: Crisp Rice Cereal
2g Protein per Serving: 1 cup/30 g

Condiments

Trader Joe's: Mango Ginger Chutney
0g Protein per Serving: 1T

Trader Joe's: Bruschetta
0g Protein per Serving: 2T/30g

Trader Joe's: Olive Tapenade Spread
0g Protein per Serving: 1T/1g

Trader Joe's: Organic Tomatillo & Roasted Yellow
Chili Salsa
0g Protein per Serving: 2T/31g

Trader Joe's: Roasted Red Pepper & Artichoke
Tapenade
0g Protein per Serving: 2T/31g

Cookies

Trader Joe's: Joe-Joe's Sandwich Cookies -
Various Flavors
1g Protein per Serving: 2 cookies/27g

Dairy

Earth Balance: Original Natural Buttery Spread
0g Protein per Serving: 1T/14g

Tofutti: Better Than Cream Cheese
1g Protein per Serving: 2T/30g

Frozen Breakfast

Morning Star Farms: "Bacon" Strips
2g Protein per Serving: 2 strips/16g

Trader Joe's: Wheat Free Toaster Waffles
1g Protein per Serving: 2 waffles/78g

Frozen Dessert

Trader Joe's: Sorbet - Various Flavors
0g Protein per Serving: 1/2 cup/93g

Trader Joe's: Fruit Floes (frozen fruit bars)
0g Protein per Serving: 1 bar/110g

Trader Joe's: Mango & Cream Bars
1g Protein per Serving: 1 bar/40g

Trader Joe's: Coffee Latte & Cream Bars
1g Protein per Serving: 1 bar/40g

Frozen Veggies

Trader Joe's: Sweet Potato Fries
2g Protein per Serving: 85g

Pasta Sauce

Trader Joe's: Traditional Marinara
1g Protein per Serving: 1/2 cup or 113g

Trader Joe's: Organic Tomato Basil Marinara
1g Protein per Serving: 1/2 cup or 113g

Trader Joe's: Rustico Italian Sauce
1g Protein per Serving: 1/2 cup or 113g

Trader Joe's: Arrabiata Sauce
1g Protein per Serving: 1/2 cup or 125g

Trader Joe's: Organic Spaghetti Sauce with
Mushrooms
1g Protein per Serving: 1/2 cup or 113g



Snacks

Lundberg: Brown Rice Organic
1g Protein per Serving: 1 cake/19g

Trader Joe's: Rice Cakes
1g Protein per Serving: 2 cakes/20g

Trader Joe's: Organic Brown Rice
Marshmallow Treats
<1g Protein per Serving: 1 bar/24g

Trader Joe's: Cassava Chips (Yucca Chips)
1g Protein per Serving: 1g/28g/23 chips

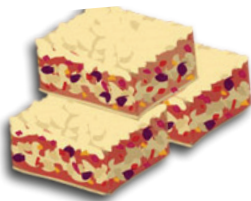
Trader Joe's: BBQ Pop Chips
1g Protein per Serving: 19 chips/28g

Trader Joe's: Salted Pop Chips
1g Protein per Serving: 22 chips/28g

Trader Joe's: Veggie Sticks
1g Protein per Serving: 50 sticks/28g

Trader Joe's: 100% Dried Fruit Bars -
Boysenberry, Strawberry
0g Protein per Serving: 1 bar/20g

Trader Joe's: 100% Natural Fruit Wraps -
Various Flavors
0g Protein per Serving: 1 bar/14g



Trader Joe's: Veggie Chips
1g Protein per Serving: 28g

Trader Joe's: Applesauce or Apple Carrot Crushers
0g Protein per Serving: 1 pouch/90g

Trader Joe's: Pear Sauce
0g Protein per Serving: 1 sauce cup/113g

Trader Joe's: Gel Cups (no gelatin) - Peach Mango,
Black Cherry
0g Protein per Serving: 1 container/113g

Trader Joe's: Sweet Potato Chips
1g Protein per Serving: 17 chips/28g

Trader Joe's: Vacuum Fried Pineapple Chips
1g Protein per Serving: 17 chips/28g

Trader Joe's: Popchips
1g Protein per Serving: 22 chips/28g

Soup

Trader Joe's: Carrot Ginger Soup
1g Protein per Serving: 1 cup/240mL

Trader Joe's: Organic Butternut Squash Soup
(low sodium)
1g Protein per Serving: 1 cup/240mL

Trader Joe's: Vegetable Broth
0g Protein per Serving: 1 cup/240mL

WHOLE FOODS

www.wholefoodsmarket.com

Baby Food

Earths Best: Tots Cereal Bars
<1g Protein per Serving: 1 bar/19g

Hot Kid: Baby Mum-Mum Teething Rusks
<1g Protein per Serving: 4 biscuits/8g

Hot Kid: Toddler Mum-Mum Teething Rusks
<1g Protein per Serving: 4 biscuits/10g

Beverage

365 Everyday Value: Rice Milk - Various Flavors
1g Protein: 1 cup

Rice Dream: Rice Drink - Various Flavors
1g Protein: 1 cup

Turtle Mountain: So Delicious Coconut Milk
Beverages - Various Flavors
1g Protein: 1 cup

Baking

Cherrybrook Kitchen: Gluten Free Dreams Various
Cake & Cookie Mixes
1g Protein per Serving: most are 1 cookie/slice

Cherrybrook Kitchen: Cookie & Cake Mixes
1g Protein per Serving: about 1g per cookie/slice

Cherrybrook Kitchen: Ready to Spread Vanilla
Frosting
0g Protein per Serving: 2 T/28.35g

Eden Foods: Organic Barley Malt Syrup
Marshmallow Treats
1g Protein per Serving: 1 T/21g

Ener G: Egg Replacer
0g Protein per Serving: 1-1/2 tsp or 4g

Tiny Trapeze Confections: Marshmallow Creme
0g Protein per Serving: 1 oz/28g

Bread

Ener G: Brown Rice Loaf
1g Protein per Serving: 1 slice/38g

Ener G: Light White Rice
0g Protein per Serving: 1 slice/19g

Ener G: Tapioca Loaf
1g Protein per Serving: 1 slice/28g

Glutino: Cinnamon Raisin Gluten-Free Bread
<1g Protein per Serving: 1 slice/40g

Glutino: Fiber Loaf (freezer section)
<1g Protein per Serving: 1 slice/35g

Glutino: Harvest Corn Loaf (freezer section)
0g Protein per Serving: 1 slice/34g

Glutino: Pizza Crusts
1g Protein per Serving: 1 crust/94g

Glutino: Gluten Free Breadsticks - Pizza Flavor,
Sesame
1g Protein per Serving: 1 crust/94g

Candy

Yummy Earth: Organic Super Sour Pops
0g Protein per Serving: 3 pops

Yummy Earth: Organic Lollipops
0g Protein per Serving: 3 pops



Cereal

365 Everyday Value: Cosmic Cocos Cereal
1g Protein per Serving: 3/4 cup/30g

Annie's: Fruity Bunnies Cereal
2g Protein per Serving: 3/4 cup/29g

Annie's: Cocoa & Vanilla Bunnies Cereal
2g Protein per Serving: 3/4 cup/29g

Cascadian Farms: Cinnamon Crunch Cereal
2g Protein per Serving: 1 cup/27g

Cascadian Farms: Clifford Crunch Cereal
2g Protein per Serving: 1 cup/30g

Cascadian Farms: Honey Nut O's
2g Protein per Serving: 1 cup/30g

Enviro Kidz: Gorilla Munch Cereal
2g Protein per Serving: 3/4 cup/30g

Enviro Kidz: Koala Krisp Cereal
2g Protein per Serving: 3/4 cup/30g

Glutino: Apple & Cinnamon Rings Cereal
1g Protein per Serving: 1/2 cup/30g

Glutino: Honey Nut Cereal
1g Protein per Serving: 1/2 cup/30g

Mother's: Graham Bumpers Cereal
1g Protein per Serving: 3/4 cup/28g

Three Sisters: Graham Crackerz Cereal
1g Protein per Serving: 3/4 cup/30g

Three Sisters: Cinnamon Sweets Cereal
1g Protein per Serving: 3/4 cup/30g

Condiments

American Spoon: Various "Butters" - Apple, Pumpkin,
Mango, Cherry
0g Protein per Serving: 1 T/18g

Kimes: Apple Butter
0g Protein per Serving: 1 T/15g



Cookies

365 Everyday Value: All Natural Sandwich Cremes - Vanilla, Chocolate, Duplex

1g Protein per Serving: 2 cookies/27g

365 Everyday Value: Organic Chocolate Chip Cookies

1g Protein per Serving: 2 cookies/30g

365 Everyday Value: Organic Classic Fig Bars

1g Protein per Serving: 2 bars/38g

365 Everyday Value: Organic Classic Vanilla Wafer Cookies

1g Protein per Serving: 5 cookies/25g

365 Everyday Value: Organic Oatmeal Raisin

1g Protein per Serving: 2 cookies/30g

365 Everyday Value: Vanilla Wafer Cookies

1g Protein per Serving: 5 cookies

365 Everyday Value: Ginger Snaps

1g Protein per Serving: 5 cookies/30g

Back to Nature: Classic Creme, Crispy Oatmeal, Chocolate Chunk

1g Protein per Serving: 2 cookies/26g

Back to Nature: Fudge Mint

1g Protein per Serving: 4 cookies/31g

Back to Nature: Fudge Striped

1g Protein per Serving: 3 cookies/31g

Back to Nature: Classic Creme Cookies

1g Protein per Serving: 2 cookies

Back to Nature: Fudge Mint Cookies

1g Protein per Serving: 4 cookies

Back to Nature: Fudge Striped Cookies

1g Protein per Serving: 3 cookies

Barbara's: Fig Bars - Raspberry, Multigrain, Whole Wheat, Blueberry

1g Protein per Serving: 2 bars/38g

Cherrybrook Kitchen: Gluten Free Dreams Chocolate Chip Mini Cookies

1g Protein per Serving: 6 cookies/28g

Enjoy Life: Soft Baked Cookies - Chocolate Chip, Chocolate Brownie, Snickerdoodle

1g Protein per Serving: 2 cookies

Enjoy Life: Soft Baked Cookies - Snickerdoodle, double chocolate brownie, chewy chocolate

1g Protein per Serving: 2 cookies

Glenny's: Brown Rice Marshmallow Treats - Chocolate, Creamy Vanilla

1g Protein per Serving: 1 bar/24g

Glenny's: Brown Rice Marshmallow Treats - Vanilla

<1g Protein per Serving: 1 bar/24g

Glutino: Gluten-Free Dream Cookies - Chocolate Chip

1g Protein per Serving: 4 cookies/28g

Glutino: Gluten-Free Dream Cookies - Vanilla Creme

<1g Protein per Serving: 2 cookies/28g

Glutino: Gluten-Free Wafer Cookies - Chocolate, Vanilla

1g Protein per Serving: 4 wafers/30g

Glutino: Gluten-Free Wafer Cookies - Lemon

0g Protein per Serving: 3 wafers/30g

Home Free: Mini Crunchy Chocolate Chip Cookies

1g Protein per Serving: 6 cookies/28g

Ian's: Crunchy Cinnamon Cookie Buttons

1g Protein per Serving: 23 cookies/1 pouch

Kinnikinnick Foods: KinniKritters Animal Cookies

1g Protein per Serving: 8 cookies/20g

Kinnikinnick Foods: S'Moreables Grahams

0g Protein per Serving: 1 cookie/12g

Kinnikinnick Foods: Montana's Chocolate Chip Cookies

0.3g Protein per Serving: 1 cookie

Late July: Vanilla Bean w/Green Tea Sandwich Cookies

1g Protein per Serving: 2 cookies/24g

Loacker: Quadratini Lemon Bite Size Wafer Cookies

1g Protein per Serving: 8 cookies/29g

Mary's Gone Crackers: Chocolate Chip Cookies
1g Protein per Serving: 2 cookies

Mary's Gone Crackers: Ginger Snap Cookies
1g Protein per Serving: 3 cookies

Mary's Gone Crackers: "N'Oatmeal" Raisin without
Oats Cookies
1g Protein per Serving: 2 cookies

Newman's Own: Cream Filled Wheat-Free Dairy-
Free Chocolate Cookies
1g Protein per Serving: 2 cookies

Newman's Own Organics: Newman-O's
1g Protein per Serving: 2 cookies/28g

Newman's Own Organics: Ginger-O's
1g Protein per Serving: 2 cookies/28g

Newman's Own: Ginger 'N Creme Ginger-O's
1g Protein per Serving: 2 cookies

Orgran Kids: Gluten-Free Dinosaur Wholefruit
Cookies - Wildberry
0.6g Protein per Serving: 6 cookies/17g

Orgran Kids: Gluten-Free Outback Animal Cookies -
Chocolate, Vanilla
1g Protein per Serving: about 6 cookies/17g

Pamela's Products: Butter Shortbread Agave
Sweetened Cookies
0g Protein per Serving: 1 cookie/23g

Pamela's Products: Dark Chocolate Chocolate
Chunk Cookies
1g Protein per Serving: 2 cookies/33g

Pamela's Products: Espresso Chocolate Chunk
Cookies
1g Protein per Serving: 2 cookies/33g

The Ginger People: Ginger Snaps
1g Protein per Serving: 12 cookies/29g

Walkers: Pure Butter Mini Shortbread Rounds
1g Protein per Serving: 7 pieces

Crackers

365 Everyday Value: Saltine Crackers
1g Protein per Serving: 5 crackers

365 Everyday Value: Golden Round Crackers
1g Protein per Serving: 6 crackers/20g

Annie's: Bunny Classic Buttery Rich Crackers
1g Protein per Serving: 10 crackers/15g

Annie's: Bunny Classic Cheddar Crackers
1g Protein per Serving: 9 crackers/15g

Back to Nature: Classic Round Crackers
1g Protein per Serving: 5 crackers

Back to Nature: Stone Ground Wheat Crackers
1g Protein per Serving: 5 crackers

Barbara's: Rite Lite Rounds
1g Protein per Serving: 5 crackers

Edward & Sons: Brown Rice Snaps - Various Flavors
1g Protein per Serving: 8 or 9 crackers

Edward & Sons: Exotic Rice Toast - Various Flavors
1g Protein per Serving: 5 crackers

Glutino: Gluten-Free Crackers - Original
1g Protein per Serving: 8 crackers

Glutino: Gluten-Free Crackers - Vegetable, Multigrain
<1g Protein per Serving: 8 crackers

Glutino: Gluten-Free Table Crackers
<1g Protein per Serving: 3 crackers/33g

Hol Grain Crackers: Brown Rice Crackers
1g Protein per Serving: 7 crackers

Olde Cape Cod: Baked Round Crackers
1g Protein per Serving: 6 crackers



Dairy

Daiya: Deliciously Dairy Free Cheese Shreds -
Mozzarella, Cheddar
1g Protein per Serving: 1/4 cup/28g

Earth Balance: Original Natural Buttery Spread
0g Protein per Serving: 1 T/14g

Follow Your Heart: Vegan Gourmet Cheese
Alternative Blocks - Mozzarella, Monterey Jack
1g Protein per Serving: 1 oz/28g

Galaxy Nutritional Foods: Rice Vegan Cheddar
Flavor Rice Vegan Block
1g Protein per Serving: 28 oz/1g

Galaxy Nutritional Foods: Rice Vegan Cheese Slices
- Various
1g Protein per Serving: 1 slice/19g

Galaxy Nutritional Foods: Vegan Mozzarella Flavor
Soy Vegan Block
1g Protein per Serving: 1 oz/28g

Tofutti: Better Than Cream Cheese/Sour Cream
1g Protein per Serving: 2 T/30g

Turtle Mountain: So Delicious Cultured Coconut Milk
Drink with Pre & Probiotics Strawberry
0g Protein per Serving: 1 cup/113g

Turtle Mountain: So Delicious Cultured Coconut Milk
Drink with Pre & Probiotics Vanilla
1g Protein per Serving: 1 cup/113g

Turtle Mountain: So Delicious Cultured Coconut Milk
Yogurts (Not the Agave Sweetened varieties)
1g Protein per Serving: 6 oz

Frozen Breakfast

Ian's: Wheat Free Gluten Free Cinnamon French
Toast Sticks
2g Protein per Serving: 2 pieces/56g

Van's: Wheat Free Gluten Free Mini Waffles
2g Protein per Serving: 2 sets of 4 mini waffles/53g

Van's: Wheat Free Gluten Free Totally Natural
Waffles
2g Protein per Serving: 2 waffles/85g

Frozen Desert

365 Everyday Value: Frozen Fruit Bars - Various
Flavors
0g Protein per Serving: 1 bar

Edward & Sons: Let's Do Gluten-Free Ice Cream
Cones - Regular Cones
0g Protein per Serving: 1 cone/3g

Edward & Sons: Let's Do Gluten-Free Ice Cream
Cones - Sugar Cones
0g Protein per Serving: 1 cone/11g

Good Karma: Organic Rice Divine Creamy
Non-Dairy Frozen Dessert - Various Flavors
0g Protein per Serving: 1/2 cup/75g

Haagaen-Daz: All Natural Sorbets - Mango,
Raspberry, Strawberry, Lemon
0g Protein per Serving: 1/2 cup/114g

Imagine Foods: Rice Dream Bites - Vanilla
1g Protein per Serving: 15 pieces/67g

Imagine Foods: Rice Dream Non-Dairy Frozen
Dessert
0g Protein per Serving: 1/2 cup/90g

Julie's: Organic Sorbet Bars - Various Flavors
0g Protein per Serving: 1 bar

Palapa: Azul Fruit Ice Bars - Various Flavors
0g Protein per Serving: 1 bar/83g

Smooze: Fruit Ice Push-Ups
<1g Protein per Serving: 1 bar/65mL

Turtle Mountain: So Delicious Coconut Water Sorbet
- Various Flavors
0g Protein per Serving: 1/2 cup/102g

Turtle Mountain: So Delicious Coconut Water Minis
Sorbet Bars - Various Flavors
0g Protein per Serving: 1 bar/60g

Turtle Mountain: Purely Decadent Non-Dairy Frozen
Dessert made with Coconut Milk
1g Protein per Serving: 1/2 cup/85g

Turtle Mountain: Purely Decadent Non-Dairy Frozen
Dessert made with Coconut Milk - Various Flavors
1g Protein per Serving: 1/2 cup/85g

Turtle Mountain: So Delicious Dairy Free Agave Sweetened Minis Fruit Bars
0g Protein per Serving: 1 bar/60g

Turtle Mountain: Sweet Nothings Fruit Sweetened Non-Dairy Frozen Dessert Dairy Free Fudge Bars
1g Protein per Serving: 1 bar/75g

Frozen Pizza

Ian's: Wheat Free Gluten Free French Bread Pizza
1g Protein per Serving: 1 slice/4 oz

Frozen Veggies

Alexia: Sweet Potato Julienne Fries
1g Protein per Serving: 12 pieces/84g

Dr. Praeger's: Pancakes - Broccoli, Spinach
2g Protein per Serving: 1 pancake

Dr. Praeger's Littles: Spinach/Broccoli Shapes
1g Protein per Serving: 2 pieces/34g

Dr. Praeger's Littles: Sweet Potato Shapes
<1g Protein per Serving: 2 pieces/37g

Peas of Mind: Veggies Wedgies - Carrot/Potato
1g Protein per Serving: 85g

Snacks

365 Everyday Value: Organic Fruit Strips - Various Flavors
0g Protein per Serving: 1 bar/18g

365 Everyday Value: Veggie Chips
1g Protein per Serving: about 40 chips/18g

365 Everyday Value: Veggie Straws
1g Protein per Serving: about 40 chips/28g

Annie's: Organic Bunny Fruit Snacks - Various Flavors
0g Protein per Serving: 1 pouch/23g

Cliff: Cliff Kid Organic Twisted Fruit - Various Flavors
0g Protein per Serving: 1 piece/20g

Cool Cups: Natural Gelatin Free Gels - Orange, Black Cherry
0g Protein per Serving: 1 container/113g

Ener G: Pretzels
<1g Protein per Serving: 40 pretzels/30g

Enjoy Life: Chewy on the Go Bars - Caramel Apple, Very Berry
1g Protein per Serving: 1 bar

Enviro Kidz: Crispy Rice Bars - Chocolate, Berry Blast, Fruity Burst
1g Protein per Serving: 1 bar

Enviro Kidz: Organic Crispy Rice Bars - Chocolate, Berry Blast, Fruity Burst
1g Protein per Serving: 1 bar/28g

Glutino: Gluten Free Yogurt-Covered Pretzels
1g Protein per Serving: 9 pretzels/30g

Glutino: Gluten Free Chocolate-Covered Pretzels
1g Protein per Serving: 9 pretzels/30g

Glutino: Pretzel Sticks
0g Protein per Serving: 24 pretzels/30g

Glutino: Pretzel Twists
0g Protein per Serving: 24 pretzels/30g

Hain: Mini Munchies Rice Snacks - Mild Cheddar Lightly Salted
1g Protein per Serving: 16 cakes/10g

Hain: Mini Munchies Rice Snacks - Apple Cinnamon, Honey Nut, Caramel
1g Protein per Serving: 8 cakes/16g

Lesser Evil: Kettle Corn - Classic and Black & White
1g Protein per Serving: about 1 cup/30g

Lundberg: Honey Dijon Rice Chips
1g Protein per Serving: 16 cakes/10g

Materne: GoGo Squeez Apple Sauce on the Go Pouches - Various Flavors
0g Protein per Serving: 1 pouch/90g

Mother's: Popped Corn and Whole Grain Rice Cakes - Salted Butter, Caramel, Plain
1g Protein per Serving: 1 cake

Popchips: BBQ Popchips
1g Protein per Serving: about 20 chips/28g

Popchips: Original Popchips
1g Protein per Serving: about 23 chips/28g

Real Foods: Corn Thins - Original, Sesame
1g Protein per Serving: 2 slices

Roberts American Gourmet: Original Tings Crunchy
Corn Sticks
2g Protein per Serving: 1 oz/28g

Snyder's of Hanover: Gluten Free Pretzel Sticks
<1g Protein per Serving: 20 sticks/30g

Terra: Original Exotic Vegetable Chips
1g Protein per Serving: about 14 chips/28g

Terra: Crinkles Sweet Potato Chips Candied Sweets
1g Protein per Serving: about 17 chips/28g

Terra: Krinkle Cut Sweet Potato Sea Salt Chips
1g Protein per Serving: about 17 chips/28g

Terra: Stix Original
1g Protein per Serving: about 50 pieces/28g

Terra: Sweets and Beets Sweet Potato and Beet
Chips
1g Protein per Serving: about 12 chips/28g

Terra: Zesty Tomato Exotic Chips
1g Protein per Serving: about 17 chips/28g

Soup

365 Everyday Value: Vegetable Broth
0g Protein per Serving: 1 cup

Imagine Natural Creations: Creamy Acorn Squash
and Mango Soup (cardboard container)
1g Protein per Serving: 1 cup

Imagine Natural Creations: Creamy Butternut
Squash Soup
0g Protein per Serving: 1 cup

Pacific Natural Foods: French Onion Soup
(cardboard container)
1g Protein per Serving: 1 cup

Pacific Natural Foods: Vegetable Broth
0g Protein per Serving: 1 cup

Wolfgang Puck: Creamy Butternut Squash Soup
(in a can)
1g Protein per Serving: 1 cup



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