



FASTER WAY

T O F A T L O S S [®]



**PACKAGED
FOODS & SNACKS**



CRACKERS

LOOK FOR THESE INGREDIENTS

- Olive Oil
- Avocado Oil
- Coconut Oil
- Sunflower Oil
- Palm Oil
- Honey
- Maple Syrup
- Dates
- Molasses
- Fruit Juice
- Sea Salt

AVOID THESE INGREDIENTS

- Hydrogenated Oils
- Partially Hydrogenated Oils
- High Fructose Corn Syrup
- Maltodextrin (may be hidden sugar)
- Safflower Oil
- Canola Oil
- Cottonseed Oil
- Vegetable Oil
- Peanut Oil

TRY THESE BRANDS

- Simple Mills
- Hippie Snacks
- HU Kitchen
- Ancient Provisions
- Mary's Gone Crackers
- Julian Bakery Paleo Thin Crackers



SAMPLE INGREDIENT LABEL :

Grain-free flour blend (almond, cassava, organic coconut), black chia seed, flax seed, organic coconut aminos (organic coconut sap, sea salt), sea salt, organic apple cider vinegar, shallot, organic thyme, organic rosemary, organic rosemary extract (organic rosemary, organic coconut oil).

CHIPS

LOOK FOR THESE INGREDIENTS

- Avocado Oil
- Olive Oil
- Sunflower Oil
- RSPO (Responsibly Sourced Palm Oil)

AVOID THESE INGREDIENTS

- Hydrogenated Oils
- Partially Hydrogenated Oils
- Safflower Oil
- Canola Oil
- Cottonseed Oil
- Vegetable Oil
- Peanut Oil

TRY THESE BRANDS

- Siete
- Jackson's Honest
- Lesser Evil
- Boulder Canyon
- Bubba's Fine Foods
- Artisan Tropic
- Barnana Organic Plantain Chips
- Terra Plantain Chips (select flavors made with olive, avocado and/or coconut oil)



SAMPLE INGREDIENT LABEL :

Purple Heirloom Potatoes, Organic Coconut Oil, Sea Salt.

WRAPS

LOOK FOR THESE INGREDIENTS

- Almond Flour
- Tapioca Flour/ Starch
- Cassava Flour
- Chickpea/ Bean/ Lentil Flour
- Corn
- Olive Oil
- Avocado Oil
- Coconut Oil
- Sunflower Oil
- Palm Oil
- Sea Salt
- Xanthan & Guar Gum

AVOID THESE INGREDIENTS

- Whole Wheat
- Hydrogenated Oils
- Partially Hydrogenated Oils
- Safflower Oil
- Canola Oil
- Cottonseed Oil
- Vegetable Oil
- Peanut Oil

TRY THESE BRANDS

- Siete
- 365 by Whole Foods Market Grain Free Tortillas
- Trader Joe's Grain Free Tortillas
- Thrive Market Coconut Wraps
- NUCO Organic Coconut Wraps
- Tia Lupita



SAMPLE INGREDIENT LABEL :

Almond Flour, Tapioca Flour, Water, Sea Salt, Xanthan gum.

NUTS

LOOK FOR THESE INGREDIENTS

- Raw
- Dry Roasted
- Salted

AVOID THESE INGREDIENTS

- Maltodextrin
- Corn Syrup
- Corn Syrup Solids
- Safflower Oil
- Canola Oil
- Cottonseed Oil
- Vegetable Oil
- Peanut Oil

TRY THESE BRANDS

- Select Kirkland Products (Dry Roasted Only)
- Trader Joe's Dry Roasted Nuts & Seeds



SAMPLE INGREDIENT LABEL :
Dry Roasted Almonds, Sea Salt.

NUT BUTTER

LOOK FOR THESE INGREDIENTS

- Raw, Dry Roasted, Toasted
- Sea salt
- Select Nut Butters Sweetened With Honey, Maple Syrup, & Dates.

AVOID THESE INGREDIENTS

- Cane Sugar
- Safflower Oil
- Canola Oil
- Cottonseed Oil
- Vegetable Oil
- Peanut Oil

TRY THESE BRANDS

- Select 365 flavors
- Trader Joes
- Maisie Janes
- Maranatha
- Publix



SAMPLE INGREDIENT LABEL :
Dry Roasted Almonds, Sea Salt.

CAKE & PANCAKE MIXES

LOOK FOR THESE INGREDIENTS

- Almond Flour
- Arrowroot
- Coconut Sugar
- Coconut Flour
- Tapioca Starch
- Rice Flour Blends
- Bean Flour Blends

AVOID THESE INGREDIENTS

- Whole Wheat Flour
- Erythritol
- Safflower Oil
- Canola Oil
- Cottonseed Oil
- Vegetable Oil
- Peanut Oil

TRY THESE BRANDS

- Simple Mills
- Birch Benders- Paleo & Keto Mix (without erythritol)
- Kodiak Cakes- Gluten Free
- King Arthur Gluten Free Mixes
- Purely Elizabeth
- Sweet Loren's
- Cup4Cup Mixes



SAMPLE INGREDIENT LABEL :

Almond Flour, Arrowroot, Organic Coconut Sugar, Organic Coconut Flour, Cream of Tartar, Baking Soda, Sea Salt.

JERKY

LOOK FOR THESE INGREDIENTS

- Beef, Grassfed
- Bison
- Turkey
- Chicken
- Salmon
- Sea Salt
- Gluten Free Tamari & Soy Sauce
- Coconut Aminos

AVOID THESE INGREDIENTS

- Gluten
- Corn Syrup
- Added Nitrates & Preservatives

TRY THESE BRANDS

- The New Primal
- Lorissa's Kitchen
- Nick Sticks
- Paleovalley
- Chomps
- Think Jerky
- Krave Jerky- select flavors
- Epic



SAMPLE INGREDIENT LABEL :

100% grass fed beef, water, unprocessed sea salt, organic dextrose from tapioca (used to initiate the fermentation process), celery juice, organic black pepper, organic red pepper, organic garlic powder, organic coriander, lactic acid starter culture from non-GMO beets, stuffed in a dye-free beef collagen casing.

SALAD DRESSINGS

LOOK FOR THESE INGREDIENTS

- Vinegar: Apple Cider, Balsamic, White Wine, Red Wine, Fruit Based, & Rice Wine
- Olive Oil
- Avocado Oil
- Coconut Oil
- Sunflower Oil
- Single Spices
- Eggs

AVOID THESE INGREDIENTS

- Safflower Oil
- Canola Oil
- Cottonseed Oil
- Vegetable Oil
- Peanut Oil

TRY THESE BRANDS

- Extra Virgin Olive Oil & Vinegar
- Primal Kitchen
- Tessemae's
- Sir Kensington's
- Paleo Chef



SAMPLE INGREDIENT LABEL :

Avocado Oil, Water, Organic Apple Cider Vinegar, Organic Distilled Vinegar, Organic Gum Acacia, Organic Guar Gum, Cream of Tartar, Sea Salt, Organic Eggs, Organic Onion Powder, Organic Garlic Powder, Organic Lemon Juice Concentrate, Nutritional Yeast, Organic Parsley, Organic Chives, Organic Dill, Organic Black Pepper, Organic Rosemary Extract.

DAIRY FREE ALTERNATIVES

LOOK FOR THESE INGREDIENTS

- Coconut Milk
- Almond Milk
- Rice Milk
- Oat Milk
- Pili Nuts
- Agar
- Probiotic Cultures
- Lactic Acid, Citric Acid

AVOID THESE INGREDIENTS

- Dairy
- Cane Sugar
- Sugar Alcohols: Mannitol, Sorbitol, Erythritol, etc.
- Artificial Sweeteners: Aspartame, Acesulfame Potassium or Acesulfame K, Neotame, Saccharin, Sucralose

TRY THESE BRANDS

- Kite Hill
- Culina
- Harmless Harvest
- Forager
- Oui
- The Coconut Cult
- Siggis
- Oatley



SAMPLE INGREDIENT LABEL :

Cream cheese: Almond Milk (Water, Almonds), Salt, Enzyme, Xanthan Gum, Guar Gum, Mushroom Extract (to help preserve freshness), Lactic Acid, Citric Acid, Cultures.

BONE BROTH

LOOK FOR THESE INGREDIENTS

- Meat, Poultry, Fish, Game
- Sea salt, Celtic Salt
- Apple Cider Vinegar
- Vegetables
- Citrus

AVOID THESE INGREDIENTS

- Bullion Cubes
- Iodized Salt
- Cane Sugar
- Safflower Oil
- Canola Oil
- Cottonseed Oil
- Vegetable Oil
- Peanut Oil
- Dextrose
- White/ Wheat flour

TRY THESE BRANDS

- Bonafide Provisions
- Bare Bones
- Kettle & Fire
- Osso Good
- Epic Provisions
- Butcher's Bone Broth



SAMPLE INGREDIENT LABEL :

Organic free-range chicken bones (frames, backs, wings, and particularly collagen-rich chicken feet), triple-filtered water, organic onion, organic apple cider vinegar, organic garlic, Selina Celtic sea salt, and organic parsley.