**Healthy Choices On-line from Thrive Market**

[**Thrive Market List (click for direct access)**](http://go.thrv.me/aff_c?offer_id=6&aff_id=10234)

**Legumes**:

Edison Grainery Organic Garbanzo Beans, Black Beans, Lentils, Red Split Lentils, Red Kidney Beans, Split Peas

**Grains:**

Thrive Market Organic Sprouted Brown Rice, Sprouted Quinoa

Alter Eco Organic Heirloom Black Quinoa, Red Quinoa, Rainbow Quinoa

**Broths:**

Kettle & Fire Grass Fed Beef Bone Broth

**Ethnic:**

Eden Foods Wasabi Powder

Eden Foods Umeboshi Plums

Maine Coast Sea Vegetables Atlantic Kelp-Whole Leaf

Organic Gluten-Free Tamari

Emerald Cove Organic Pacific Toasted Sushi Nori

Maine Coast Sea Vegetables Dulse

Maine Coast Sea Vegetables Kelp Granule Shaker

Maine Coast Sea Vegetable Sea Salt with Sea Veg Shaker

Eden Foods Bonito Flakes

Eden Foods Buckwheat Soba Past

Eden Foods Seaweed Gomasio (Sesame Salt)

Eden Foods Raw Plum Vinegar

Star Anise Foods Vietnamese Brown Rice Spring Roll Wraps

**Meat and Seafood:**

Wild Planet Non-GMO Wild Albacore Tuna in Extra Virgin Olive Oil

Wild Planet Non-GMO Wild Pacific Sardines in Extra Virgin Olive Oil

Wild Planet Non-GMO Wild Alaskan Pink Salmon

Wild Planet White Anchovies in Water

**Pasta and Noodles:**

Ancient Harvest Organic Quinoa Roselle Pasta

Tru Roots Ancient Grain Pasta (Organic Brown Rice, Quinoa, Amaranth, Corn)

Jovial Brown Rice Caserecce

Sea Tangle Noodle Company, Kelp Noodles

Sea Tangle Noodle Company Mixed Sea Vegetables

Explore Asian Organic Black Bean Pasta or Edamame and Mung Bean

**Pasta and Noodles (cont.):**

Miracle Noodle Fettuccini or Angel Hair or Spinach Angel Hair Shirataki Noodle

Tolerant Organic Red Lentil Rotini or Green Lentil Elbow Macaroni

**Tomato and Pasta Sauces:**

Yellow Barn Puttanesca Pasta Sauce

Yellow Barn Tomato Concentrate

Jovial Organic Whole Peeled Tomatoes

**Wraps:**

Wrawp Original Wraps, Spicy Wraps, Spiraling Wraps or Sweet Energizing Morning Wraps

Julian Bakery Original Paleo Wraps, Turmeric Paleo Wraps

**Pizza Crusts:**

Wrawp Original Gluten-Free Pizza Crust

**Snacks:**

Alive and Radiant Kale Crunch, Superfood Spicy Kale Crunch

Rhythm Superfoods, Kale Chips

Wonderfully Raw Cheesy Herb Brussel Bytes, Raw Apple Crunch Brussel Bytes

**Ghees, Oils, Vinegars:**

Purity Farms Organic Ghee Clarified Butter

Tin Star Grass-fed Ghee

Lucini Organic Extra-Virgin Olive Oil

Napa Valley Natural Rich and Robust Extra Virgin Olive Oil

Bragg Original Olive Oil

Native Organic Coconut Oil, or with Butter Flavor

La Tourangelle Avocado Oil

Native Organic Red Palm Oil

Eden Foods Toasted Sesame Oil

Bragg Organic Apple Cider Vinegar

Coconut Secret Organic Raw Coconut Vinegar

Napa Valley Naturals Champagne Reserve Wine Vinegar, or Red Wine Vinegar

Eden Foods Raw Ume Plum Vinegar

Lucian Balsamic Vinegar of Modena

**Baking:**

Matcha Love Culinary Matcha Tea Powder

Native Forest Organic Coconut Cream

Natural Value Organic Coconut Milk (no guar gums)

Native Organic Coconut Manna

Julian Bakery Paleo Pizza Crust Mix

Divine 70% Bittersweet Chocolate Baking Bar

Thrive Market Organic Chocolate Chips

Bob’s Red Mill Garbanzo Bean Flour, Quinoa Flour, Potato Flour, Coconut Flour, Teff Flour, Amaranth Flour

Native Organic Coconut Flour

Let’s Do.. Organic Coconut Flour

Coconut Secret Organic Raw Coconut Flour

Thrive Market Organic Sprouted Brown Rice Flour

Julian Bakery Paleo Pancake and Waffle Mix

**Cereals:**

Love Force Rawganic Flat Bread- Sun-Flax Cereal

TeeChia Cranberry Apple Sustained Energy Cereal

Bob’s Red Mill Organic Gluten Free Steel Cut Oats, and Thick Rolled Oats

**Coffee and Tea:**

Numi Chocolate Pu-erh Tea

Organic India Tulsi Masala Chai Tea

Teeccino Herbal Coffee Alternative, Hazelnut

Miley Coffee Organic One Love, Ethiopian

Matcha Love Organic Stone Ground Green Tea Powder

Traditional Medicinals Organic Ginger Tea, Hibiscus, Chamomile with Lavender, Smooth Move

Mt. Hagen Organic Instant Coffee, Decaf

Mighty Leaf White Orchard Tea

**Condiments/Dressings:**

Annie’s Organic Worcestershire Sauce

Sir Kensington’s Dijon Mustard

Primal Kitchen Avocado Oil Mayo

Red Boat Fish Sauce

Thai Kitchen Green Curry Paste, Red Curry Paste

Paesana Organic Non Pareil Capers

Brother Bru Bru’s Organic Chipotle Pepper Sauce, Hot

**Condiments/Dressings (cont.):**

Bragg Organic Vinaigrette Salad Dressing

Primal Kitchen Honey Mustard Vinaigrette with Avocado Oil

Primal Kitchen Greek Vinaigrette with Avocado Oil

Coconut Secret Organic Coconut Aminos

Bragg Liquid Aminos

San J International Tamari Gluten-Free Soy Sauce

Eden Food Ponzu Sauce

**Sweeteners:**

Wedderspoon Raw Manuka Honey KFactor12, Factor16

Really Raw Unstrained Honey

Coconut Secret Organic Raw Coconut Nectar

Coombs Organic Dark Maple Syrup Grade A

Mad have Organic Blonde Coconut Sugar

Sweet Leaf Non-GMO Stevia Sweetener

**Nuts, Seeds, and Trail Mixes:**

Thrive Market Organic Medjool Dates

Imlak’esh Organics Golden Berries

Go Raw Organics Raw Tangy Lime Coconut Crisps, Chocolate Coconut Crisps

Let’s Do .. Organic Toasted Coconut Flakes, Unsweetened

Woodstock Organic Shredded Coconut

Woodstock Organic Goji Berries, Prunes

Thrive Market Organic Black Mission Figs

Maven Harvest Organic Dried Jackfruit, Papaya

Dang Unsweetened Toasted Coconut Chips, Lightly Salted, Bacon Toasted

Thrive Market Organic Raw Almonds, Roasted and Salted Almonds

Thrive Market Organic Dry Roasted and Salted Peanuts, Organic Pecan Halves

Thrive Market Organic Roasted and Salted Mixed Nuts, Organic Walnut Halves and Pieces

Thrive Market Organic Roasted and Salted Cashews, Raw Cashews, Roasted and Salted Pistachios

Wild Things Dark Chocolate Espresso Skinny Dipped Almonds

**Nuts, Seeds, and Trail Mixes:**

NOW Foods Organic Pine Nuts

Manitoba Harvest Hemp Hearts

Thrive Market Organic Sesame Seeds, Organic Pumpkin Seeds

Nutiva Organic Black Chia Seeds, Organic Shelled Hempseed

Go Raw Organic Sprouted Pumpkin Seeds

Sacha Inchi Seeds

**Nuts, Seeds, and Trail Mixes (cont.):**

Living Intentional Gone Nuts Cacao, Almonds, Raisins, Blueberries and Coconut Clusters

**Nut Butters:**

Artisans Organic Raw Almond Butter, Raw Pecan Butter, Raw Vegan Coconut Butter, Raw Cashew Butter

Once Again Organic Sunflower Seed Butter, Tahini

Santa Cruz Organic Crunchy Peanut Butter

Yum Butter Superfood Sunflower Butter, Peanut Butter, Cashew Butter

Nutiva Organic Coconut Manna

**Beverages:**

Zico Natural Coconut Water

Pacific Foods Non-GMO Unsweetened Hemp Beverage, Almond Beverage, Hemp Beverage, Oat Beverage

Natural Value Organic Coconut Milk (BPA FREE, Guar Gum Free)

**Pickles and Olives:**

Divina Organic Fire Roasted Sweet Peppers

Ricks Pick Phat Beets Aromatic Pickled Beets, Classic Sours Deli Style Pickle Spears

Eden Foods Organic Sauerkraut

Mediterranean Organic Pitted Kalamata Olives

**Canned Vegetables and Beans:**

Farmer’s Market Foods Organic Pumpkin Pie Mix, Organic Pumpkin, Organic Sweet Potato Puree

Westbrae Natural Organic Black Beans, Fava Beans, Lentils, Chili Beans

Eden Foods Organic Garbanzo Beans, Organic Pinto Beans, Organic Aduki Beans, Organic Cannellini Beans

**Superfoods:**

Organic Traditions Cacao Nibs

Navitas Natural Organic Freeze Dried Goji Berry Powder, Acai Powder, Wheatgrass Powder, Pomegranate Powder, Camu Powder, Cacao Powder

Navitas Naturals Organic Sun Dried Goji Berries, White Mulberries, Golden Berries

Good Bites Curry Cashews, Raw Chocolate Truffle

Navitas Natural Coconut Palm Sugar

Essential Living Foods Enlighten Superfood Trail Mix

Navitas Natural Organic Hemp Protein Powder