



RECIPE
SHOP

Pantry ESSENTIALS

Stock your pantry with confidence and embark
on a journey towards better health with
"Pantry Essentials:
Low Carb & Low Sodium Essentials."



PANTRY ESSENTIALS

LOW CARB & LOW SODIUM NECESSITIES

THIS COMPREHENSIVE GUIDE IS YOUR KEY TO CREATING DELICIOUS, NUTRITIOUS MEALS THAT SUPPORT YOUR DIETARY GOALS WITHOUT COMPROMISING ON FLAVOR.

INSIDE, YOU'LL DISCOVER A METICULOUSLY CURATED COLLECTION OF PANTRY STAPLES, FROM BAKING ESSENTIALS TO DAIRY ALTERNATIVES, SNACKS, AND FROZEN MEALS. EACH ITEM IS CAREFULLY SELECTED FOR ITS LOW CARBOHYDRATE AND SODIUM CONTENT, ENSURING THAT YOU CAN ENJOY A BALANCED AND HEART-HEALTHY DIET.

WHETHER YOU'RE MANAGING DIABETES, HIGH BLOOD PRESSURE, OR SIMPLY LOOKING TO MAINTAIN A HEALTHY LIFESTYLE, THIS REFERENCE IS YOUR GO-TO RESOURCE FOR PANTRY ESSENTIALS. EACH ITEM INCLUDES A BRIEF DESCRIPTION, NUTRITIONAL INFORMATION, AND A LIST OF TOP STORES WHERE IT CAN BE FOUND, MAKING YOUR SHOPPING EXPERIENCE SEAMLESS AND STRESS-FREE.

STORE LINKS ARE LIVE

STOCK YOUR PANTRY WITH CONFIDENCE AND EMBARK ON A JOURNEY TOWARDS BETTER HEALTH WITH "PANTRY ESSENTIALS: LOW CARBOHYDRATE & LOW SODIUM NECESSITIES."



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Condiments and Sauces

****Heinz No Salt Added Ketchup****

- ****Description****: Classic ketchup flavor with no added salt.
- ****Use****: Perfect for burgers, fries, and as a condiment for various dishes.
- ****Nutritional Information****: 25 calories, 0g fat, 5g carbs, 4g sugars, 0g protein, 5mg sodium (per 1 tbsp)
- ****Stores****: Walmart, Target, [Amazon](#), Kroger, Safeway, Giant Eagle

****Westbrae Natural Unsweetened Ketchup****

- ****Description****: Organic, unsweetened ketchup without added salt.
- ****Use****: Ideal for those looking for a low-sodium and sugar-free option.
- ****Nutritional Information****: 5 calories, 0g fat, 1g carbs, 1g sugars, 0g protein, 70mg sodium (per 1 tbsp)
- ****Stores****: Whole Foods, Sprouts, Amazon, Thrive Market, Natural Grocers, Giant Eagle

****Organicville Dijon Mustard (No Salt Added)****

- ****Description****: Tangy mustard with a bold flavor and no added salt.
- ****Use****: Great for sandwiches, dressings, and marinades.
- ****Nutritional Information****: 5 calories, 0g fat, 0g carbs, 0g sugars, 0g protein, 0mg sodium (per 1 tsp)
- ****Stores****: Trader Joe's, Whole Foods, [Amazon](#), Sprouts, Natural Grocers, Giant Eagle

****Hellmann's lite Mayonnaise****

- ****Description****: Creamy mayonnaise with reduced fat and low sodium.
- ****Use****: Ideal for sandwiches, salads, and dips.
- ****Nutritional Information****: 35 calories, 3.0g fat, 1g carbs, 0g sugars, 0g protein, 110mg sodium (per 1 tbsp)
- ****Stores****: Walmart, Target, Kroger, Safeway, Meijer, Giant Eagle, [amazon](#)

****365 Honey Mustard****

- ****Description****: Sweet and tangy honey mustard with organic ingredients.
- ****Use****: Great for sandwiches, salads, and as a dipping sauce.
- ****Nutritional Information****: 5 calories, 0g fat, 1g carbs, 1g sugars, 0g protein, 35 mg sodium (per t tsp)
- ****Stores****: Whole Foods, [Amazon](#), Target, Sprouts, Kroger, Giant Eagle

****Chosen Avocado Oil Mayonnaise****

- ****Description****: Mayonnaise made with avocado oil, free of sugar and dairy.
- ****Use****: Ideal for sandwiches, salads, and dips.
- ****Nutritional Information****: 100 calories, 11g fat, 0g carbs, 0g sugars, 0g protein, 50 mg sodium (per 1 tbsp)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Target, Giant Eagle

****Annie's Balsamic Vinaigrette****

- ****Description****: Calorie-free vinaigrette with a rich balsamic flavor.
- ****Use****: Ideal for salads and as a marinade.
- ****Nutritional Information****: 100 calories, 10g fat, 2g carbs, 1g sugars, 0g protein, 60mg sodium (per 2 tbsp)
- ****Stores****: Walmart, [Amazon](#), Giant Eagle, Kroger, Meijer, Safeway

****Bragg Organic Apple Cider Vinegar****

- ****Description****: Raw, unfiltered apple cider vinegar with the mother.
- ****Use****: Great for dressings, marinades, and health drinks.
- ****Nutritional Information****: 0 calories, 0g fat, 0g carbs, 0g sugars, 0g protein, 0mg sodium (per 1 tbsp)
- ****Stores****: Whole Foods, [Amazon](#), Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Huntz No Salt Added Tomato Sauce****

- ****Description****: Italian tomato sauce with no added salt.
- ****Use****: Ideal for pasta, pizza, and various recipes.
- ****Nutritional Information****: 25 calories, 0g fat, 5g carbs, 3g sugars, 1g protein, 15mg sodium (per 1/4 cup)
- ****Stores****: Whole Foods, [Amazon](#), Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Amazon No Salt Added Diced Tomatoes****

- ****Description****: Smooth and rich strained tomatoes with no added salt.
- ****Use****: Excellent for soups, sauces, and stews.
- ****Nutritional Information****: 30 calories, 0g fat, 5g carbs, 3g sugars, 1g protein, 15mg sodium (per 1/2 cup)
- ****Stores****: Whole Foods, [Amazon](#), Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Cajun Nation, Cajun Heat- Hot Sauce****

- ****Description****: Spicy hot sauce with a Cajun flavor.
- ****Use****: Ideal for adding heat to meats, seafood, and various dishes.
- ****Nutritional Information****: 0 calories, g fat, 1g carbs, 0g sugars, 0g protein, 100 mg sodium (per 1 tbsp)
- ****Stores****: [Amazon](#), Giant Eagle, Walmart, Target, Sprouts, Natural Grocers

****Ocean's Halo Soy-Free Sauce****

- ****Description****: Soy-free alternative to soy sauce.
- ****Use****: Great for stir-fries, marinades, and as a seasoning.
- ****Nutritional Information****: 5 calories, 0g fat, 1g carbs, 0g sugars, 0g protein, 310mg sodium (per 1 tbsp)
- ****Stores****: Whole Foods, [Amazon](#), Thrive Market, Sprouts, Natural Grocers, Giant Eagle

****Annie's Raspberry Dressing****

- ****Description****: Sweet and tangy raspberry dressing with organic ingredients.
- ****Use****: Perfect for salads and as a dip for fruits.
- ****Nutritional Information****: 45 calories, 3g fat, 5g carbs, 4g sugars, 0g protein, 55mg sodium (per 2 tbsp)
- ****Stores****: Whole Foods, [Amazon](#), Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Frog Ranch Salsa****

- ****Description****: Fresh-tasting salsa made with natural ingredients.
- ****Use****: Great for chips, tacos, and as a topping for various dishes.
- ****Nutritional Information****: 10 calories, 0g fat, 2g carbs, 1g sugars, 0g protein, 40mg sodium (per 2 tbsp)
- ****Stores****: Whole Foods, Amazon, Sprouts, Natural Grocers, Kroger, Giant Eagle

Seasonings and Spices

****Simply Organic Garlic Powder****

- ****Description****: Organic garlic powder with a robust flavor.
- ****Use****: Ideal for seasoning meats, vegetables, and various recipes.

- **Nutritional Information**: 10 calories, 0g fat, 2g carbs, 0g sugars, 0g protein, 0mg sodium (per 1/4 tsp)

- **Stores**: Whole Foods, [Amazon](#), Giant Eagle, Sprouts, Thrive Market, Natural Grocers

Simply Organic Onion Powder

- **Description**: Organic onion powder with a rich flavor.

- **Use**: Perfect for seasoning meats, vegetables, and various recipes.

- **Nutritional Information**: 5 calories, 0g fat, 1g carbs, 0g sugars, 0g protein, 0mg sodium (per 1/4 tsp)

- **Stores**: Whole Foods, [Amazon](#), Giant Eagle, Sprouts, Thrive Market, Natural Grocers

Simply Organic Italian Seasoning

- **Description**: Blend of organic Italian herbs and spices.

- **Use**: Great for pasta, pizza, and various Italian dishes.

- **Nutritional Information**: 0 calories, 0g fat, 0g carbs, 0g sugars, 0g protein, 0mg sodium (per 1/4 tsp)

- **Stores**: Whole Foods, [Amazon](#), Giant Eagle, Sprouts, Thrive Market, Natural Grocers

Mrs. Dash Table Blend

- **Description**: Salt-free seasoning blend with a variety of spices.

- **Use**: Ideal for seasoning meats, vegetables, and various dishes.

- **Nutritional Information**: 0 calories, 0g fat, 0g carbs, 0g sugars, 0g protein, 0mg sodium (per 1/4 tsp)

- **Stores**: Walmart, [Amazon](#), Giant Eagle, Target, Kroger, Safeway

Mrs. Dash Lemon Pepper Seasoning Blend

- **Description**: Salt-free blend with lemon and pepper flavors.

- **Use**: Perfect for seasoning meats, vegetables, and seafood.

- **Nutritional Information**: 0 calories, 0g fat, 0g carbs, 0g sugars, 0g protein, 0mg sodium (per 1/4 tsp)

- **Stores**: Walmart, [Amazon](#), Giant Eagle, Target, Kroger, Safeway

Bragg Organic Sprinkle Seasoning

- **Description**: Blend of organic herbs and spices without salt.

- **Use**: Ideal for seasoning meats, vegetables, and various dishes.

- **Nutritional Information**: 0 calories, 0g fat, 0g carbs, 0g sugars, 0g protein, 0mg sodium (per 1/4 tsp)

- **Stores**: Whole Foods, [Amazon](#), Giant Eagle, Sprouts, Thrive Market, Natural Grocers

McCormick Salt-Free Garlic & Herb Seasoning

- **Description**: Salt-free blend of garlic and herbs.

- **Use**: Great for seasoning meats, vegetables, and various dishes.

- **Nutritional Information**: 0 calories, 0g fat, 1g carbs, 0g sugars, 0g protein, 0mg sodium (per 1/4 tsp)

- **Stores**: Walmart, [Amazon](#), Giant Eagle, Target, Kroger, Safeway

McCormick Salt-Free Lemon & Pepper Seasoning

- **Description**: Salt-free blend of lemon and pepper flavors.

- **Use**: Perfect for seasoning meats, vegetables, and seafood.

- **Nutritional Information**: 0 calories, 0g fat, 1g carbs, 0g sugars, 0g protein, 0mg sodium (per 1/4 tsp)

- **Stores**: Walmart, Amazon, Giant Eagle, Target, Kroger, Safeway

Mrs. Dash Salt-Free Seasoning Blends

- **Description**: A variety of salt-free seasoning blends to add flavor without sodium.

- **Use**: Ideal for seasoning meats, vegetables, and more.

- **Nutritional Information**: 0 calories, 0g fat, 0g carbs, 0g sugars, 0g protein, 0mg sodium (per serving)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

Frontier Co-op Organic No-Salt Seasoning Blend

- **Description**: Organic, salt-free seasoning blend.

- **Use**: Great for seasoning a variety of dishes.

- **Nutritional Information**: 0 calories, 0g fat, 0g carbs, 0g sugars, 0g protein, 0mg sodium (per serving)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Bragg Organic Sprinkle Seasoning

- **Description**: Organic blend of 24 herbs and spices.

- **Use**: Perfect for seasoning vegetables, meats, and more.

- **Nutritional Information**: 0 calories, 0g fat, 0g carbs, 0g sugars, 0g protein, 0mg sodium (per serving)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Simply Organic All-Purpose Salt-Free Seasoning

- **Description**: Salt-free blend of organic herbs and spices.

- **Use**: Great for all-purpose seasoning.

- **Nutritional Information**: 0 calories, 0g fat, 0g carbs, 0g sugars, 0g protein, 0mg sodium (per serving)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Spicely Organics Salt-Free Taco Seasoning

- **Description**: Organic, salt-free taco seasoning.

- **Use**: Perfect for seasoning taco meat and fillings.

- **Nutritional Information**: 0 calories, 0g fat, 0g carbs, 0g sugars, 0g protein, 0mg sodium (per serving)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Flavor God Everything Seasoning

- **Description**: Versatile seasoning blend with no salt.

- **Use**: Ideal for adding flavor to any dish.

- **Nutritional Information**: 0 calories, 0g fat, 0g carbs, 0g sugars, 0g protein, 0mg sodium (per serving)

- **Stores**: Amazon, Whole Foods, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Penzeys Spices Mural of Flavor

- **Description**: Salt-free blend of herbs and spices.

- **Use**: Great for seasoning meats, vegetables, and more.

- **Nutritional Information**: 0 calories, 0g fat, 0g carbs, 0g sugars, 0g protein, 0mg sodium (per serving)

- **Stores**: Penzeys Spices, Amazon, Whole Foods, Sprouts, Thrive Market, Natural Grocers

McCormick Perfect Pinch Salt-Free Garlic & Herb Seasoning

- **Description**: Salt-free blend of garlic and herbs.

- **Use**: Ideal for seasoning meats, vegetables, and more.

- **Nutritional Information**: 0 calories, 0g fat, 0g carbs, 0g sugars, 0g protein, 0mg sodium (per serving)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

Badia Complete Seasoning (No Salt)

- **Description**: All-purpose seasoning blend with no salt.

- **Use**: Perfect for seasoning a variety of dishes.

- **Nutritional Information**: 0 calories, 0g fat, 0g carbs, 0g sugars, 0g protein, 0mg sodium (per serving)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

Simply Organic Curry Powder

- **Description**: Organic blend of spices for curry dishes.

- **Use**: Great for making curry and seasoning dishes.

- **Nutritional Information**: 20 calories, 1g fat, 4g carbs, 0g sugars, 1g protein, 0mg sodium (per tsp)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Simply Organic Chili Powder

- **Description**: Organic blend of spices for chili dishes.

- **Use**: Ideal for making chili and seasoning dishes.

- **Nutritional Information**: 20 calories, 1g fat, 4g carbs, 1g sugars, 1g protein, 0mg sodium (per tsp)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Simply Organic Paprika

- **Description**: Organic ground paprika.

- **Use**: Perfect for adding color and flavor to dishes.

- **Nutritional Information**: 20 calories, 1g fat, 4g carbs, 2g sugars, 1g protein, 0mg sodium (per tsp)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Simply Organic Cumin

- **Description**: Organic ground cumin.

- **Use**: Great for adding flavor to dishes, especially in Mexican and Indian cuisine.

- **Nutritional Information**: 20 calories, 1g fat, 4g carbs, 0g sugars, 1g protein, 10mg sodium (per tsp)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Simply Organic Turmeric

- **Description**: Organic ground turmeric.

- **Use**: Ideal for adding color and flavor to dishes, as well as for its health benefits.

- **Nutritional Information**: 20 calories, 1g fat, 4g carbs, 0g sugars, 1g protein, 0mg sodium (per tsp)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Simply Organic Ground Ginger

- **Description**: Organic ground ginger.

- **Use**: Perfect for adding flavor to dishes, baking, and beverages.

- **Nutritional Information**: 20 calories, 0g fat, 4g carbs, 0g sugars, 0g protein, 0mg sodium (per tsp)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Simply Organic Ground Cinnamon

- **Description**: Organic ground cinnamon.

- **Use**: Great for baking, beverages, and adding to dishes.

- **Nutritional Information**: 20 calories, 0g fat, 6g carbs, 0g sugars, 0g protein, 0mg sodium (per tsp)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Simply Organic Ground Cloves

- **Description**: Organic ground cloves.

- **Use**: Ideal for baking, beverages, and adding to dishes.

- **Nutritional Information**: 20 calories, 1g fat, 4g carbs, 0g sugars, 0g protein, 0mg sodium (per tsp)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Simply Organic Ground Nutmeg

- **Description**: Organic ground nutmeg.

- **Use**: Perfect for baking, beverages, and adding to dishes.

- **Nutritional Information**: 20 calories, 1g fat, 4g carbs, 0g sugars, 0g protein, 0mg sodium (per tsp)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Simply Organic Ground Allspice****

- ****Description****: Organic ground allspice.
- ****Use****: Great for baking, beverages, and adding to dishes.
- ****Nutritional Information****: 20 calories, 1g fat, 4g carbs, 0g sugars, 0g protein, 0mg sodium (per tsp)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Simply Organic Ground Coriander****

- ****Description****: Organic ground coriander.
- ****Use****: Ideal for adding flavor to dishes, especially in Indian and Middle Eastern cuisine.
- ****Nutritional Information****: 20 calories, 1g fat, 4g carbs, 0g sugars, 1g protein, 0mg sodium (per tsp)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Simply Organic Ground Cardamom****

- ****Description****: Organic ground cardamom.
- ****Use****: Perfect for baking, beverages, and adding to dishes.
- ****Nutritional Information****: 20 calories, 1g fat, 4g carbs, 0g sugars, 1g protein, 0mg sodium (per tsp)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Simply Organic Ground Mustard****

- ****Description****: Organic ground mustard.
- ****Use****: Great for adding flavor to dishes and making mustard.
- ****Nutritional Information****: 20 calories, 1g fat, 4g carbs, 0g sugars, 1g protein, 0mg sodium (per tsp)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Simply Organic Ground Fennel****

- ****Description****: Organic ground fennel.
- ****Use****: Ideal for adding flavor to dishes, especially in Italian and Indian cuisine.
- ****Nutritional Information****: 20 calories, 1g fat, 4g carbs, 0g sugars, 1g protein, 0mg sodium (per tsp)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Simply Organic Ground Fenugreek****

- ****Description****: Organic ground fenugreek.
- ****Use****: Perfect for adding flavor to dishes, especially in Indian cuisine.
- ****Nutritional Information****: 20 calories, 1g fat, 4g carbs, 0g sugars, 1g protein, 0mg sodium (per tsp)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Simply Organic Ground Black Pepper****

- ****Description****: Organic ground black pepper.
- ****Use****: Great for adding heat and flavor to dishes.
- ****Nutritional Information****: 20 calories, 0g fat, 5g carbs, 0g sugars, 1g protein, 0mg sodium (per tsp)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Simply Organic Ground White Pepper****

- ****Description****: Organic ground white pepper.
- ****Use****: Ideal for adding heat and flavor to dishes.
- ****Nutritional Information****: 20 calories, 0g fat, 5g carbs, 0g sugars, 1g protein, 0mg sodium (per tsp)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Simply Organic Ground Cayenne Pepper****

- ****Description****: Organic ground cayenne pepper.
- ****Use****: Perfect for adding heat and flavor to dishes.
- ****Nutritional Information****: 20 calories, 0g fat, 5g carbs, 0g sugars, 1g protein, 0mg sodium (per tsp)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Simply Organic Ground Red Pepper Flakes****

- ****Description****: Organic ground red pepper flakes.
- ****Use****: Great for adding heat and flavor to dishes.
- ****Nutritional Information****: 20 calories, 0g fat, 5g carbs, 0g sugars, 1g protein, 0mg sodium (per tsp)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Simply Organic Ground Oregano****

- ****Description****: Organic ground oregano.
- ****Use****: Ideal for adding flavor to dishes, especially in Italian and Mediterranean cuisine.
- ****Nutritional Information****: 20 calories, 1g fat, 4g carbs, 0g sugars, 1g protein, 0mg sodium (per tsp)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Simply Organic Ground Basil****

- ****Description****: Organic ground basil.
- ****Use****: Perfect for adding flavor to dishes, especially in Italian cuisine.
- ****Nutritional Information****: 20 calories, 1g fat, 4g carbs, 0g sugars, 1g protein, 0mg sodium (per tsp)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Simply Organic Ground Thyme****

- ****Description****: Organic ground thyme.
- ****Use****: Great for adding flavor to dishes, especially in French cuisine.
- ****Nutritional Information****: 20 calories, 1g fat, 4g carbs, 0g sugars, 1g protein, 0mg sodium (per tsp)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Simply Organic Ground Rosemary****

- ****Description****: Organic ground rosemary.
- ****Use****: Ideal for adding flavor to dishes, especially in Mediterranean cuisine.
- ****Nutritional Information****: 20 calories, 1g fat, 4g carbs, 0g sugars, 1g protein, 0mg sodium (per tsp)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Simply Organic Ground Sage****

- ****Description****: Organic ground sage.
- ****Use****: Perfect for adding flavor to dishes, especially in Thanksgiving recipes.
- ****Nutritional Information****: 20 calories, 1g fat, 4g carbs, 0g sugars, 1g protein, 0mg sodium (per tsp)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Simply Organic Ground Tarragon****

- ****Description****: Organic ground tarragon.
- ****Use****: Great for adding flavor to dishes, especially in French cuisine.
- ****Nutritional Information****: 20 calories, 1g fat, 4g carbs, 0g sugars, 1g protein, 0mg sodium (per tsp)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Simply Organic Ground Marjoram****

- ****Description****: Organic ground marjoram.
- ****Use****: Ideal for adding flavor to dishes, especially in Mediterranean cuisine.
- ****Nutritional Information****: 20 calories, 1g fat, 4g carbs, 0g sugars, 1g protein, 0mg sodium (per tsp)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Simply Organic Ground Bay Leaves****

- ****Description****: Organic ground bay leaves.
- ****Use****: Perfect for adding flavor to soups, stews, and sauces.
- ****Nutritional Information****: 20 calories, 1g fat, 4g carbs, 0g sugars, 1g protein, 0mg sodium (per tsp)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Simply Organic Ground Dill****

- ****Description****: Organic ground dill.
- ****Use****: Great for adding flavor to dishes, especially in pickling.
- ****Nutritional Information****: 20 calories, 1g fat, 4g carbs, 0g sugars, 1g protein, 0mg sodium (per tsp)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Simply Organic Ground Parsley****

- ****Description****: Organic ground parsley.
- ****Use****: Ideal for adding flavor to dishes and garnishing.
- ****Nutritional Information****: 20 calories, 1g fat, 4g carbs, 0g sugars, 1g protein, 0mg sodium (per tsp)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Simply Organic Ground Savory****

- ****Description****: Organic ground savory.
- ****Use****: Perfect for adding flavor to dishes, especially in stuffing.
- ****Nutritional Information****: 20 calories, 1g fat, 4g carbs, 0g sugars, 1g protein, 0mg sodium (per tsp)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Canned Goods and Broths

****Eden Organic No Salt Added Black Beans****

- ****Description****: Organic black beans with no added salt.
- ****Use****: Ideal for soups, stews, salads, and Mexican dishes.
- ****Nutritional Information****: 100 calories, 0.5g fat, 18g carbs, 0g sugars, 7g protein, 0mg sodium (per 1/2 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Muir Glen Organic No Salt Added Diced Tomatoes****

- ****Description****: Organic diced tomatoes with no added salt.
- ****Use****: Great for pasta, pizza, soups, and stews.
- ****Nutritional Information****: 20 calories, 0g fat, 4g carbs, 3g sugars, 1g protein, 20mg sodium (per 1/2 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Trader Joe's No Salt Added Corn****

- ****Description****: Whole kernel corn with no added salt.
- ****Use****: Perfect for salads, soups, and as a side dish.
- ****Nutritional Information****: 70 calories, 0.5g fat, 14g carbs, 3g sugars, 2g protein, 0mg sodium (per 1/2 cup)
- ****Stores****: Trader Joe's

****365 Everyday Value No Salt Added Garbanzo Beans****

- ****Description****: Organic garbanzo beans with no added salt.
- ****Use****: Ideal for soups, stews, salads, and making hummus.
- ****Nutritional Information****: 110 calories, 2g fat, 19g carbs, 0g sugars, 6g protein, 0mg sodium (per 1/2 cup)

- **Stores**: Whole Foods, Amazon, Giant Eagle, Sprouts, Thrive Market, Natural Grocers

S&W No Salt Added Kidney Beans

- **Description**: Kidney beans with no added salt.
- **Use**: Great for chili, soups, and salads.
- **Nutritional Information**: 100 calories, 0g fat, 19g carbs, 1g sugars, 7g protein, 0mg sodium (per 1/2 cup)
- **Stores**: Walmart, Amazon, Kroger, Safeway, Meijer, Giant Eagle

Del Monte No Salt Added Green Beans

- **Description**: Green beans with no added salt.
- **Use**: Perfect for casseroles, soups, and as a side dish.
- **Nutritional Information**: 20 calories, 0g fat, 4g carbs, 2g sugars, 1g protein, 0mg sodium (per 1/2 cup)
- **Stores**: Walmart, Amazon, Kroger, Safeway, Meijer, Giant Eagle

Pacific Foods Organic No Salt Added Chicken Broth

- **Description**: Organic chicken broth with no added salt.
- **Use**: Ideal for soups, stews, and cooking grains.
- **Nutritional Information**: 5 calories, 0g fat, 1g carbs, 0g sugars, 1g protein, 35mg sodium (per 1 cup)
- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Hunt's No Salt Added Tomato Sauce

- **Description**: Tomato sauce with no added salt.
- **Use**: Great for pasta, pizza, and various recipes.
- **Nutritional Information**: 20 calories, 0g fat, 5g carbs, 3g sugars, 1g protein, 10mg sodium (per 1/4 cup)
- **Stores**: Walmart, Amazon, Kroger, Safeway, Meijer, Giant Eagle

Progresso No Salt Added Minestrone Soup

- **Description**: Minestrone soup with no added salt.
- **Use**: Ready-to-eat soup ideal for a quick meal.
- **Nutritional Information**: 70 calories, 1g fat, 13g carbs, 3g sugars, 3g protein, 40mg sodium (per 1 cup)

- **Stores**: Walmart, Target, Amazon, Kroger, Safeway, Giant Eagle

Amy's Organic No Salt Added Lentil Soup

- **Description**: Organic lentil soup with no added salt.

- **Use**: Ready-to-eat soup perfect for a healthy meal.

- **Nutritional Information**: 180 calories, 3g fat, 29g carbs, 2g sugars, 10g protein, 290mg sodium (per 1 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Great Value No Salt Added Mixed Vegetables

- **Description**: Mixed vegetables with no added salt.

- **Use**: Ideal for soups, stews, and as a side dish.

- **Nutritional Information**: 40 calories, 0g fat, 9g carbs, 3g sugars, 1g protein, 0mg sodium (per 1/2 cup)

- **Stores**: Walmart, Amazon, Giant Eagle, Kroger, Safeway, Meijer

Libby's No Salt Added Sweet Peas

- **Description**: Sweet peas with no added salt.

- **Use**: Perfect for soups, stews, and as a side dish.

- **Nutritional Information**: 60 calories, 0g fat, 10g carbs, 4g sugars, 4g protein, 10mg sodium (per 1/2 cup)

- **Stores**: Walmart, Amazon, Giant Eagle, Kroger, Safeway, Meijer

Bush's Best No Salt Added Pinto Beans

- **Description**: Pinto beans with no added salt.

- **Use**: Ideal for soups, stews, and Mexican dishes.

- **Nutritional Information**: 100 calories, 0g fat, 18g carbs, 0g sugars, 6g protein, 0mg sodium (per 1/2 cup)

- **Stores**: Walmart, Amazon, Kroger, Safeway, Meijer, Giant Eagle

Nature's Promise No Salt Added Stewed Tomatoes

- **Description**: Stewed tomatoes with no added salt.

- **Use**: Great for soups, stews, and various recipes.

- **Nutritional Information**: 30 calories, 0g fat, 6g carbs, 3g sugars, 1g protein, 10mg sodium (per 1/2 cup)

- **Stores**: Giant, Stop & Shop, Food Lion, Hannaford, Amazon, Giant Eagle

Organic Valley No Salt Added Tomato Paste

- **Description**: Organic tomato paste with no added salt.
- **Use**: Perfect for soups, stews, and sauces.
- **Nutritional Information**: 30 calories, 0g fat, 7g carbs, 4g sugars, 1g protein, 20mg sodium (per 2 tbsp)
- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Field Day Organic No Salt Added Cannellini Beans

- **Description**: Organic cannellini beans with no added salt.
- **Use**: Ideal for soups, stews, and salads.
- **Nutritional Information**: 110 calories, 0g fat, 21g carbs, 0g sugars, 7g protein, 0mg sodium (per 1/2 cup)
- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Simply Organic No Salt Added Refried Beans

- **Description**: Refried beans with no added salt.
- **Use**: Perfect for Mexican dishes, soups, and stews.
- **Nutritional Information**: 90 calories, 1g fat, 16g carbs, 0g sugars, 5g protein, 0mg sodium (per 1/2 cup)
- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Native Forest No Salt Added Coconut Milk

- **Description**: Coconut milk with no added salt.
- **Use**: Ideal for curries, soups, and desserts.
- **Nutritional Information**: 45 calories, 4g fat, 2g carbs, 0g sugars, 0g protein, 0mg sodium (per 1/4 cup)
- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Bionaturae No Salt Added Whole Peeled Tomatoes

- **Description**: Whole peeled tomatoes with no added salt.
- **Use**: Great for soups, stews, and sauces.
- **Nutritional Information**: 30 calories, 0g fat, 6g carbs, 4g sugars, 1g protein, 10mg sodium (per 1/2 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Woodstock No Salt Added Sauerkraut

- **Description**: Sauerkraut made without added salt.

- **Use**: Ideal for sandwiches, salads, and as a condiment.

- **Nutritional Information**: 5 calories, 0g fat, 1g carbs, 0g sugars, 1g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Eden Organic No Salt Added Navy Beans

- **Description**: Organic navy beans with no added salt.

- **Use**: Perfect for soups, stews, and salads.

- **Nutritional Information**: 100 calories, 0g fat, 19g carbs, 0g sugars, 7g protein, 0mg sodium (per 1/2 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Eden Organic No Salt Added Pinto Beans

- **Description**: Organic pinto beans with no added salt.

- **Use**: Great for soups, stews, and Mexican dishes.

- **Nutritional Information**: 100 calories, 0g fat, 18g carbs, 0g sugars, 6g protein, 0mg sodium (per 1/2 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Eden Organic No Salt Added Adzuki Beans

- **Description**: Organic adzuki beans with no added salt.

- **Use**: Ideal for soups, stews, and salads.

- **Nutritional Information**: 100 calories, 0g fat, 18g carbs, 0g sugars, 7g protein, 0mg sodium (per 1/2 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Eden Organic No Salt Added Butter Beans

- **Description**: Organic butter beans with no added salt.

- **Use**: Perfect for soups, stews, and salads.

- **Nutritional Information**: 100 calories, 0g fat, 18g carbs, 0g sugars, 7g protein, 0mg sodium (per 1/2 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Eden Organic No Salt Added Lentils****

- **Description**: Organic lentils with no added salt.

- **Use**: Ideal for soups, stews, and salads.

- **Nutritional Information**: 100 calories, 0g fat, 18g carbs, 0g sugars, 7g protein, 0mg sodium (per 1/2 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Eden Organic No Salt Added Split Peas****

- **Description**: Organic split peas with no added salt.

- **Use**: Great for soups and stews.

- **Nutritional Information**: 110 calories, 0g fat, 19g carbs, 0g sugars, 9g protein, 0mg sodium (per 1/2 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Eden Organic No Salt Added Lima Beans****

- **Description**: Organic lima beans with no added salt.

- **Use**: Perfect for soups, stews, and salads.

- **Nutritional Information**: 110 calories, 0g fat, 20g carbs, 0g sugars, 7g protein, 0mg sodium (per 1/2 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Eden Organic No Salt Added Chickpeas****

- **Description**: Organic chickpeas with no added salt.

- **Use**: Great for soups, stews, salads, and making hummus.

- **Nutritional Information**: 110 calories, 2g fat, 19g carbs, 0g sugars, 6g protein, 0mg sodium (per 1/2 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Eden Organic No Salt Added Peas****

- **Description**: Organic peas with no added salt.

- **Use**: Perfect for soups, stews, and salads.

- **Nutritional Information**: 110 calories, 0g fat, 20g carbs, 0g sugars, 7g protein, 0mg sodium (per 1/2 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Westbrae Natural No Salt Added Black Beans****

- ****Description****: Organic black beans with no added salt.
- ****Use****: Ideal for soups, stews, salads, and Mexican dishes.
- ****Nutritional Information****: 100 calories, 0g fat, 18g carbs, 0g sugars, 7g protein, 0mg sodium (per 1/2 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Westbrae Natural No Salt Added Garbanzo Beans****

- ****Description****: Organic garbanzo beans with no added salt.
- ****Use****: Perfect for soups, stews, salads, and making hummus.
- ****Nutritional Information****: 110 calories, 2g fat, 19g carbs, 0g sugars, 6g protein, 0mg sodium (per 1/2 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Westbrae Natural No Salt Added Lentils****

- ****Description****: Organic lentils with no added salt.
- ****Use****: Ideal for soups, stews, and salads.
- ****Nutritional Information****: 110 calories, 0g fat, 18g carbs, 0g sugars, 9g protein, 0mg sodium (per 1/2 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Westbrae Natural No Salt Added Kidney Beans****

- ****Description****: Organic kidney beans with no added salt.
- ****Use****: Great for chili, soups, and salads.
- ****Nutritional Information****: 100 calories, 0g fat, 19g carbs, 1g sugars, 7g protein, 0mg sodium (per 1/2 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Westbrae Natural No Salt Added Navy Beans****

- ****Description****: Organic navy beans with no added salt.
- ****Use****: Perfect for soups, stews, and salads.
- ****Nutritional Information****: 100 calories, 0g fat, 19g carbs, 0g sugars, 7g protein, 0mg sodium (per 1/2 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Westbrae Natural No Salt Added Pinto Beans****

- ****Description****: Organic pinto beans with no added salt.
- ****Use****: Great for soups, stews, and Mexican dishes.
- ****Nutritional Information****: 100 calories, 0g fat, 18g carbs, 0g sugars, 6g protein, 0mg sodium (per 1/2 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Westbrae Natural No Salt Added Mixed Beans****

- ****Description****: Blend of various beans with no added salt.
- ****Use****: Perfect for soups, stews, and salads.
- ****Nutritional Information****: 110 calories, 0g fat, 20g carbs, 0g sugars, 7g protein, 0mg sodium (per 1/2 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Eden Organic Spaghetti Sauce****

- ****Description****: Organic spaghetti sauce with no added salt.
- ****Use****: Ideal for pasta, pizza, and various recipes.
- ****Nutritional Information****: 45 calories, 2g fat, 7g carbs, 4g sugars, 1g protein, 15mg sodium (per 1/2 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Muir Glen Organic No Salt Added Tomato Sauce****

- ****Description****: Organic tomato sauce with no added salt.
- ****Use****: Great for pasta, pizza, and various recipes.
- ****Nutritional Information****: 30 calories, 0g fat, 7g carbs, 4g sugars, 1g protein, 15mg sodium (per 1/2 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Great Value No Salt Added Diced Tomatoes****

- ****Description****: Diced tomatoes with no added salt.
- ****Use****: Perfect for soups, stews, and various recipes.
- ****Nutritional Information****: 30 calories, 0g fat, 7g carbs, 4g sugars, 1g protein, 10mg sodium (per 1/2 cup)
- ****Stores****: Walmart, Amazon, Giant Eagle, Kroger, Safeway, Meijer

****Del Monte No Salt Added Stewed Tomatoes****

- ****Description****: Stewed tomatoes with no added salt.
- ****Use****: Great for soups, stews, and various recipes.
- ****Nutritional Information****: 35 calories, 0g fat, 7g carbs, 4g sugars, 1g protein, 15mg sodium (per 1/2 cup)
- ****Stores****: Walmart, Amazon, Giant Eagle, Kroger, Safeway, Meijer

****365 No Salt Added Kidney Beans****

- ****Description****: Organic kidney beans with no added salt.
- ****Use****: Perfect for soups, stews, and salads.
- ****Nutritional Information****: 110 calories, 0g fat, 20g carbs, 1g sugars, 7g protein, 0mg sodium (per 1/2 cup)
- ****Stores****: Whole Foods, Amazon, Giant Eagle, Sprouts, Thrive Market, Natural Grocers

Broths and Soups

****Amy's Organic No Salt Added Split Pea Soup****

- ****Description****: Organic split pea soup with no added salt.
- ****Use****: Ready-to-eat soup perfect for a healthy meal.
- ****Nutritional Information****: 180 calories, 3g fat, 29g carbs, 2g sugars, 10g protein, 290mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Amy's Organic No Salt Added Tomato Bisque****

- ****Description****: Organic tomato bisque with no added salt.
- ****Use****: Ready-to-eat soup ideal for a healthy meal.
- ****Nutritional Information****: 110 calories, 2.5g fat, 19g carbs, 7g sugars, 3g protein, 290mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Amy's Organic No Salt Added Butternut Squash Soup****

- ****Description****: Organic butternut squash soup with no added salt.
- ****Use****: Ready-to-eat soup perfect for a healthy meal.
- ****Nutritional Information****: 110 calories, 2.5g fat, 19g carbs, 7g sugars, 3g protein, 290mg sodium (per 1 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Amy's Organic No Salt Added Black Bean Soup

- **Description**: Organic black bean soup with no added salt.

- **Use**: Ready-to-eat soup ideal for a healthy meal.

- **Nutritional Information**: 180 calories, 3g fat, 29g carbs, 2g sugars, 10g protein, 290mg sodium (per 1 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Kitchen Basics Unsalted Vegetable Stock

- **Description**: Rich and flavorful vegetable stock with no added salt.

- **Use**: Ideal for soups, stews, sauces, and cooking grains.

- **Nutritional Information**: 20 calories, 0g fat, 4g carbs, 2g sugars, 1g protein, 140mg sodium (per 1 cup)

- **Stores**: Walmart, Amazon, Target, Kroger, Safeway, Giant Eagle

Swanson Unsalted Chicken Broth

- **Description**: Unsalted chicken broth with rich flavor and no added salt.

- **Use**: Perfect for soups, stews, and cooking grains.

- **Nutritional Information**: 10 calories, 0g fat, 1g carbs, 0g sugars, 1g protein, 35mg sodium (per 1 cup)

- **Stores**: Walmart, Amazon, Target, Kroger, Safeway, Giant Eagle

Imagine Foods Organic Low Sodium Chicken Broth

- **Description**: Organic chicken broth with low sodium content.

- **Use**: Great for soups, stews, and cooking grains.

- **Nutritional Information**: 10 calories, 0g fat, 1g carbs, 0g sugars, 1g protein, 140mg sodium (per 1 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Trader Joe's Organic Low Sodium Chicken Broth

- **Description**: Organic chicken broth with low sodium.

- **Use**: Ideal for soups, stews, and cooking grains.

- **Nutritional Information**: 10 calories, 0g fat, 1g carbs, 0g sugars, 1g protein, 140mg sodium (per 1 cup)

- **Stores**: Trader Joe's

Zoup! Good, Really Good Low Sodium Chicken Broth

- **Description**: Premium chicken broth with low sodium content.
- **Use**: Great for soups, stews, and cooking grains.
- **Nutritional Information**: 15 calories, 0g fat, 1g carbs, 0g sugars, 2g protein, 190mg sodium (per 1 cup)
- **Stores**: Whole Foods, Amazon, Kroger, Safeway, Sprouts, Giant Eagle

365 Everyday Value Organic Low Sodium Chicken Broth

- **Description**: Organic chicken broth with low sodium.
- **Use**: Perfect for soups, stews, and cooking grains.
- **Nutritional Information**: 10 calories, 0g fat, 1g carbs, 0g sugars, 1g protein, 140mg sodium (per 1 cup)
- **Stores**: Whole Foods, Amazon, Giant Eagle, Sprouts, Thrive Market, Natural Grocers

Pacific Foods Organic Low Sodium Beef Broth

- **Description**: Organic beef broth with low sodium content.
- **Use**: Ideal for soups, stews, and cooking grains.
- **Nutritional Information**: 15 calories, 0g fat, 2g carbs, 1g sugars, 1g protein, 125mg sodium (per 1 cup)
- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Kettle & Fire Low Sodium Chicken Bone Broth

- **Description**: Chicken bone broth with low sodium content.
- **Use**: Great for soups, stews, and sipping.
- **Nutritional Information**: 45 calories, 1g fat, 0g carbs, 0g sugars, 10g protein, 180mg sodium (per 1 cup)
- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Bare Bones Low Sodium Beef Bone Broth

- **Description**: Beef bone broth with low sodium content.
- **Use**: Perfect for soups, stews, and sipping.
- **Nutritional Information**: 50 calories, 1g fat, 2g carbs, 1g sugars, 10g protein, 200mg sodium (per 1 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Imagine Foods Organic No Chicken Broth

- **Description**: Organic broth with the taste of chicken but made without meat.

- **Use**: Ideal for soups, stews, and cooking grains.

- **Nutritional Information**: 10 calories, 0g fat, 1g carbs, 0g sugars, 1g protein, 140mg sodium (per 1 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Imagine Foods Organic Vegetable Broth

- **Description**: Organic vegetable broth with a rich flavor.

- **Use**: Perfect for soups, stews, and cooking grains.

- **Nutritional Information**: 15 calories, 0g fat, 3g carbs, 2g sugars, 0g protein, 190mg sodium (per 1 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Pacific Foods Organic No Salt Added Chicken Broth

- **Description**: Organic chicken broth with no added salt.

- **Use**: Ideal for soups, stews, and cooking grains.

- **Nutritional Information**: 10 calories, 0g fat, 1g carbs, 0g sugars, 1g protein, 40mg sodium (per 1 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Campbell's No Salt Added Chicken Broth

- **Description**: Chicken broth with no added salt.

- **Use**: Great for soups, stews, and cooking grains.

- **Nutritional Information**: 10 calories, 0g fat, 1g carbs, 0g sugars, 1g protein, 30mg sodium (per 1 cup)

- **Stores**: Walmart, Amazon, Kroger, Safeway, Meijer, Giant Eagle

Campbell's No Salt Added Beef Broth

- **Description**: Beef broth with no added salt.

- **Use**: Perfect for soups, stews, and cooking grains.

- **Nutritional Information**: 15 calories, 0g fat, 1g carbs, 1g sugars, 1g protein, 40mg sodium (per 1 cup)

- **Stores**: Walmart, Amazon, Kroger, Safeway, Meijer, Giant Eagle

Campbell's No Salt Added Vegetable Broth

- **Description**: Vegetable broth with no added salt.

- **Use**: Ideal for soups, stews, and cooking grains.

- **Nutritional Information**: 15 calories, 0g fat, 3g carbs, 1g sugars, 1g protein, 40mg sodium (per 1 cup)

- **Stores**: Walmart, Amazon, Kroger, Safeway, Meijer, Giant Eagle

Progresso No Salt Added Chicken Broth

- **Description**: Chicken broth with no added salt.

- **Use**: Great for soups, stews, and cooking grains.

- **Nutritional Information**: 10 calories, 0g fat, 1g carbs, 0g sugars, 1g protein, 25mg sodium (per 1 cup)

- **Stores**: Walmart, Amazon, Kroger, Safeway, Meijer, Giant Eagle

Progresso No Salt Added Beef Broth

- **Description**: Beef broth with no added salt.

- **Use**: Perfect for soups, stews, and cooking grains.

- **Nutritional Information**: 15 calories, 0g fat, 1g carbs, 0g sugars, 1g protein, 40mg sodium (per 1 cup)

- **Stores**: Walmart, Amazon, Kroger, Safeway, Meijer, Giant Eagle

Progresso No Salt Added Vegetable Broth

- **Description**: Vegetable broth with no added salt.

- **Use**: Ideal for soups, stews, and cooking grains.

- **Nutritional Information**: 15 calories, 0g fat, 3g carbs, 1g sugars, 1g protein, 40mg sodium (per 1 cup)

- **Stores**: Walmart, Amazon, Kroger, Safeway, Meijer, Giant Eagle

Health Valley Organic No Salt Added Chicken Broth

- **Description**: Organic chicken broth with no added salt.

- **Use**: Great for soups, stews, and cooking grains.

- **Nutritional Information**: 10 calories, 0g fat, 1g carbs, 0g sugars, 1g protein, 40mg sodium (per 1 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Health Valley Organic No Salt Added Vegetable Broth

- **Description**: Organic vegetable broth with no added salt.

- **Use**: Perfect for soups, stews, and cooking grains.

- **Nutritional Information**: 15 calories, 0g fat, 3g carbs, 1g sugars, 1g protein, 40mg sodium (per 1 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Health Valley Organic No Salt Added Beef Broth

- **Description**: Organic beef broth with no added salt.

- **Use**: Ideal for soups, stews, and cooking grains.

- **Nutritional Information**: 15 calories, 0g fat, 1g carbs, 1g sugars, 1g protein, 40mg sodium (per 1 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Pacific Foods Organic No Salt Added Beef Broth

- **Description**: Organic beef broth with no added salt.

- **Use**: Great for soups, stews, and cooking grains.

- **Nutritional Information**: 15 calories, 0g fat, 2g carbs, 1g sugars, 1g protein, 40mg sodium (per 1 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Trader Joe's Organic No Salt Added Beef Broth

- **Description**: Organic beef broth with no added salt.

- **Use**: Perfect for soups, stews, and cooking grains.

- **Nutritional Information**: 15 calories, 0g fat, 1g carbs, 0g sugars, 1g protein, 40mg sodium (per 1 cup)

- **Stores**: Trader Joe's

Swanson No Salt Added Vegetable Broth

- **Description**: Vegetable broth with no added salt.

- **Use**: Ideal for soups, stews, and cooking grains.

- **Nutritional Information**: 10 calories, 0g fat, 1g carbs, 1g sugars, 0g protein, 35mg sodium (per 1 cup)

- **Stores**: Walmart, Amazon, Kroger, Safeway, Meijer, Giant Eagle

****Swanson No Salt Added Beef Broth****

- ****Description****: Beef broth with no added salt.
- ****Use****: Perfect for soups, stews, and cooking grains.
- ****Nutritional Information****: 15 calories, 0g fat, 1g carbs, 0g sugars, 1g protein, 40mg sodium (per 1 cup)
- ****Stores****: Walmart, Amazon, Kroger, Safeway, Meijer, Giant Eagle

****Swanson No Salt Added Chicken Bone Broth****

- ****Description****: Chicken bone broth with no added salt.
- ****Use****: Great for soups, stews, and sipping.
- ****Nutritional Information****: 45 calories, 1g fat, 1g carbs, 1g sugars, 9g protein, 60mg sodium (per 1 cup)
- ****Stores****: Walmart, Amazon, Kroger, Safeway, Meijer, Giant Eagle

****College Inn No Salt Added Chicken Broth****

- ****Description****: Chicken broth with no added salt.
- ****Use****: Ideal for soups, stews, and cooking grains.
- ****Nutritional Information****: 10 calories, 0g fat, 1g carbs, 0g sugars, 1g protein, 30mg sodium (per 1 cup)
- ****Stores****: Walmart, Amazon, Kroger, Safeway, Meijer, Giant Eagle

****College Inn No Salt Added Beef Broth****

- ****Description****: Beef broth with no added salt.
- ****Use****: Perfect for soups, stews, and cooking grains.
- ****Nutritional Information****: 15 calories, 0g fat, 1g carbs, 0g sugars, 1g protein, 40mg sodium (per 1 cup)
- ****Stores****: Walmart, Amazon, Kroger, Safeway, Meijer, Giant Eagle

****College Inn No Salt Added Vegetable Broth****

- ****Description****: Vegetable broth with no added salt.
- ****Use****: Great for soups, stews, and cooking grains.
- ****Nutritional Information****: 10 calories, 0g fat, 2g carbs, 1g sugars, 0g protein, 30mg sodium (per 1 cup)
- ****Stores****: Walmart, Amazon, Kroger, Safeway, Meijer, Giant Eagle

****Trader Joe's Organic No Salt Added Vegetable Broth****

- ****Description****: Organic vegetable broth with no added salt.
- ****Use****: Ideal for soups, stews, and cooking grains.
- ****Nutritional Information****: 10 calories, 0g fat, 2g carbs, 1g sugars, 0g protein, 35mg sodium (per 1 cup)
- ****Stores****: Trader Joe's

Snacks

****Unsalted Almonds****

- ****Description****: Whole, natural almonds without added salt.
- ****Use****: Ideal for snacking, adding to salads, and baking.
- ****Nutritional Information****: 160 calories, 14g fat, 6g carbs, 1g sugars, 6g protein, 0mg sodium (per 1 oz)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

****No Salt Added Rice Cakes****

- ****Description****: Plain rice cakes with no added salt.
- ****Use****: Perfect for snacking and as a base for spreads and toppings.
- ****Nutritional Information****: 35 calories, 0g fat, 7g carbs, 0g sugars, 1g protein, 0mg sodium (per cake)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

****Kettle Brand Unsalted Potato Chips****

- ****Description****: Classic kettle-cooked potato chips without added salt.
- ****Use****: Great for snacking and pairing with dips.
- ****Nutritional Information****: 150 calories, 9g fat, 15g carbs, 0g sugars, 2g protein, 0mg sodium (per 1 oz)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

****Trader Joe's Unsalted Peanut Butter****

- ****Description****: Creamy peanut butter made from roasted peanuts without added salt.
- ****Use****: Ideal for sandwiches, baking, and as a spread.

- **Nutritional Information**: 190 calories, 16g fat, 7g carbs, 2g sugars, 8g protein, 0mg sodium (per 2 tbsp)

- **Stores**: Trader Joe's

Quaker Lightly Salted Rice Cakes

- **Description**: Rice cakes with a light touch of salt.

- **Use**: Great for snacking and as a base for spreads and toppings.

- **Nutritional Information**: 35 calories, 0g fat, 7g carbs, 0g sugars, 1g protein, 50mg sodium (per cake)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Simple Mills Almond Flour Crackers

- **Description**: Gluten-free crackers made with almond flour and lightly salted.

- **Use**: Perfect for snacking and pairing with cheeses and dips.

- **Nutritional Information**: 150 calories, 8g fat, 16g carbs, 0g sugars, 3g protein, 140mg sodium (per 17 crackers)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Bare Apple Chips

- **Description**: Crispy apple chips made from baked apples with no added sugar.

- **Use**: Ideal for snacking and adding to oatmeal or yogurt.

- **Nutritional Information**: 90 calories, 0g fat, 21g carbs, 18g sugars, 0g protein, 0mg sodium (per 1 oz)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Nature's Path Organic Pumpkin Seed + Flax Granola

- **Description**: Organic granola made with pumpkin seeds and flax.

- **Use**: Great for breakfast or as a topping for yogurt and smoothie bowls.

- **Nutritional Information**: 140 calories, 5g fat, 20g carbs, 5g sugars, 3g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Blue Diamond Lightly Salted Almonds

- **Description**: Roasted almonds with a light touch of salt.

- **Use**: Ideal for snacking and adding to salads and trail mixes.

- **Nutritional Information**: 170 calories, 15g fat, 6g carbs, 1g sugars, 6g protein, 40mg sodium (per 1 oz)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Angie's Boomchickapop Lightly Sweet Kettle Corn

- **Description**: Lightly sweetened kettle corn made with simple ingredients.

- **Use**: Perfect for snacking.

- **Nutritional Information**: 70 calories, 3g fat, 9g carbs, 4g sugars, 1g protein, 40mg sodium (per 1 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

RXBAR Protein Bars

- **Description**: Whole food protein bars with no added sugar.

- **Use**: Ideal for on-the-go snacking and post-workout recovery.

- **Nutritional Information**: 210 calories, 7g fat, 23g carbs, 13g sugars, 12g protein, 140mg sodium (per bar)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Dang Toasted Coconut Chips

- **Description**: Crunchy coconut chips with a hint of sweetness.

- **Use**: Great for snacking and adding to salads and yogurt.

- **Nutritional Information**: 160 calories, 10g fat, 14g carbs, 11g sugars, 1g protein, 75mg sodium (per 1 oz)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Saffron Road Crunchy Chickpeas

- **Description**: Roasted chickpeas seasoned for a crunchy snack.

- **Use**: Perfect for snacking and adding to salads.

- **Nutritional Information**: 120 calories, 3g fat, 18g carbs, 1g sugars, 5g protein, 170mg sodium (per 1 oz)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Made in Nature Organic Dried Fruit

- **Description**: Organic dried fruit with no added sugar.

- **Use**: Ideal for snacking and adding to oatmeal and baking.

- **Nutritional Information**: Varies by fruit type, generally 120 calories, 0g fat, 28g carbs, 20g sugars, 1g protein, 5mg sodium (per 1/4 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Late July Snacks Organic Multigrain Tortilla Chips

- **Description**: Organic tortilla chips made with whole grains.

- **Use**: Great for snacking and dipping.

- **Nutritional Information**: 130 calories, 6g fat, 18g carbs, 1g sugars, 2g protein, 70mg sodium (per 1 oz)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Rhythm Superfoods Organic Kale Chips

- **Description**: Crunchy kale chips made with organic ingredients.

- **Use**: Perfect for snacking.

- **Nutritional Information**: 110 calories, 7g fat, 9g carbs, 2g sugars, 5g protein, 180mg sodium (per 1 oz)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Good Health Veggie Stix

- **Description**: Crunchy vegetable sticks made from real vegetables.

- **Use**: Great for snacking.

- **Nutritional Information**: 130 calories, 6g fat, 17g carbs, 1g sugars, 1g protein, 140mg sodium (per 1 oz)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Go Raw Sprouted Pumpkin Seeds

- **Description**: Sprouted pumpkin seeds with no added salt.

- **Use**: Ideal for snacking and adding to salads and yogurt.

- **Nutritional Information**: 180 calories, 14g fat, 3g carbs, 0g sugars, 9g protein, 0mg sodium (per 1 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

SeaSnax Organic Roasted Seaweed Snacks

- **Description**: Lightly roasted seaweed snacks with a savory flavor.

- **Use**: Great for snacking.
- **Nutritional Information**: 15 calories, 1.5g fat, 1g carbs, 0g sugars, 1g protein, 25mg sodium (per pack)
- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

PopCorners Sea Salt Popped Corn Snacks

- **Description**: Popped corn chips with a light sea salt seasoning.
- **Use**: Perfect for snacking.
- **Nutritional Information**: 120 calories, 2.5g fat, 23g carbs, 2g sugars, 2g protein, 110mg sodium (per 1 oz)
- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

No Salt Added Pretzels

- **Description**: Crunchy pretzels without added salt.
- **Use**: Great for snacking and dipping.
- **Nutritional Information**: 110 calories, 0.5g fat, 23g carbs, 1g sugars, 2g protein, 0mg sodium (per 1 oz)
- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

No Salt Added Sunflower Seeds

- **Description**: Sunflower seeds without added salt.
- **Use**: Ideal for snacking and adding to salads and baking.
- **Nutritional Information**: 160 calories, 14g fat, 6g carbs, 1g sugars, 6g protein, 0mg sodium (per 1 oz)
- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

No Salt Added Pumpkin Seeds

- **Description**: Pumpkin seeds without added salt.
- **Use**: Great for snacking and adding to salads and baking.
- **Nutritional Information**: 170 calories, 15g fat, 4g carbs, 1g sugars, 9g protein, 0mg sodium (per 1 oz)
- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

No Salt Added Cashews

- **Description**: Cashews without added salt.

- **Use**: Ideal for snacking and adding to salads and baking.

- **Nutritional Information**: 160 calories, 13g fat, 9g carbs, 2g sugars, 5g protein, 0mg sodium (per 1 oz)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

No Salt Added Walnuts

- **Description**: Walnuts without added salt.

- **Use**: Perfect for snacking and adding to salads and baking.

- **Nutritional Information**: 190 calories, 18g fat, 4g carbs, 1g sugars, 4g protein, 0mg sodium (per 1 oz)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

No Salt Added Pecans

- **Description**: Pecans without added salt.

- **Use**: Great for snacking and adding to salads and baking.

- **Nutritional Information**: 200 calories, 20g fat, 4g carbs, 1g sugars, 3g protein, 0mg sodium (per 1 oz)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

No Salt Added Pistachios

- **Description**: Pistachios without added salt.

- **Use**: Ideal for snacking and adding to salads and baking.

- **Nutritional Information**: 160 calories, 13g fat, 8g carbs, 2g sugars, 6g protein, 0mg sodium (per 1 oz)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

No Salt Added Hazelnuts

- **Description**: Hazelnuts without added salt.

- **Use**: Perfect for snacking and adding to salads and baking.

- **Nutritional Information**: 180 calories, 17g fat, 5g carbs, 1g sugars, 4g protein, 0mg sodium (per 1 oz)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

No Salt Added Macadamia Nuts

- **Description**: Macadamia nuts without added salt.

- **Use**: Great for snacking and adding to salads and baking.
- **Nutritional Information**: 200 calories, 22g fat, 4g carbs, 1g sugars, 2g protein, 0mg sodium (per 1 oz)
- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

No Salt Added Brazil Nuts

- **Description**: Brazil nuts without added salt.
- **Use**: Ideal for snacking and adding to salads and baking.
- **Nutritional Information**: 190 calories, 19g fat, 3g carbs, 1g sugars, 4g protein, 0mg sodium (per 1 oz)
- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

No Salt Added Almond Butter

- **Description**: Almond butter made from roasted almonds without added salt.
- **Use**: Ideal for sandwiches, baking, and as a spread.
- **Nutritional Information**: 190 calories, 16g fat, 6g carbs, 2g sugars, 7g protein, 0mg sodium (per 2 tbsp)
- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

No Salt Added Cashew Butter

- **Description**: Cashew butter made from roasted cashews without added salt.
- **Use**: Perfect for sandwiches, baking, and as a spread.
- **Nutritional Information**: 180 calories, 15g fat, 8g carbs, 1g sugars, 5g protein, 0mg sodium (per 2 tbsp)
- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

No Salt Added Sunflower Seed Butter

- **Description**: Sunflower seed butter made from roasted sunflower seeds without added salt.
- **Use**: Great for sandwiches, baking, and as a spread.
- **Nutritional Information**: 200 calories, 17g fat, 7g carbs, 3g sugars, 6g protein, 0mg sodium (per 2 tbsp)
- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

No Salt Added Pumpkin Seed Butter

- **Description**: Pumpkin seed butter made from roasted pumpkin seeds without added salt.

- **Use**: Ideal for sandwiches, baking, and as a spread.

- **Nutritional Information**: 180 calories, 16g fat, 4g carbs, 1g sugars, 8g protein, 0mg sodium (per 2 tbsp)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

No Salt Added Tahini

- **Description**: Sesame seed paste with no added salt.

- **Use**: Perfect for making hummus, dressings, and as a spread.

- **Nutritional Information**: 180 calories, 16g fat, 4g carbs, 1g sugars, 5g protein, 0mg sodium (per 2 tbsp)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

No Salt Added Chocolate

- **Description**: Chocolate made without added salt.

- **Use**: Ideal for snacking and baking.

- **Nutritional Information**: Varies by type, generally 170 calories, 13g fat, 16g carbs, 10g sugars, 2g protein, 0mg sodium (per 1 oz)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

No Salt Added Caramel Popcorn

- **Description**: Caramel-coated popcorn made without added salt.

- **Use**: Perfect for snacking.

- **Nutritional Information**: 110 calories, 2g fat, 22g carbs, 13g sugars, 1g protein, 0mg sodium (per 1 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

No Salt Added Trail Mix

- **Description**: Trail mix made without added salt.

- **Use**: Great for snacking and as an energy-boosting mix.

- **Nutritional Information**: Varies by mix, generally 140 calories, 10g fat, 12g carbs, 8g sugars, 3g protein, 0mg sodium (per 1 oz)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

No Salt Added Granola Bars

- **Description**: Granola bars made without added salt.
- **Use**: Ideal for on-the-go snacking and a quick energy boost.
- **Nutritional Information**: Varies by bar, generally 150 calories, 6g fat, 20g carbs, 8g sugars, 3g protein, 0mg sodium (per bar)
- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

No Salt Added Oatmeal Cookies

- **Description**: Oatmeal cookies made without added salt.
- **Use**: Perfect for snacking and a sweet treat.
- **Nutritional Information**: 120 calories, 4.5g fat, 19g carbs, 9g sugars, 2g protein, 0mg sodium (per cookie)
- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Bread and Crackers

Dave's Killer Bread 21 Whole Grains and Seeds

- **Description**: Organic bread packed with whole grains and seeds.
- **Use**: Ideal for sandwiches, toast, and as a healthy snack.
- **Nutritional Information**: 120 calories, 2g fat, 22g carbs, 5g sugars, 5g protein, 170mg sodium (per slice)
- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Loven Carb Control Tortilla

- **Description**: Low-carb tortillas with high fiber content.
- **Use**: Perfect for wraps, burritos, and quesadillas.
- **Nutritional Information**: 60 calories, 2.0g fat, 12g carbs, 0g sugars, 4g protein, 100mg sodium (per tortilla)
- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Food for Life Ezekiel 4:9 Low Sodium Bread

- **Description**: Sprouted whole grain bread with low sodium.
- **Use**: Great for sandwiches, toast, and a healthy snack.
- **Nutritional Information**: 80 calories, 0.5g fat, 15g carbs, 0g sugars, 4g protein, 75mg sodium (per slice)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Wasa Lightly Salted Whole Grain Crispbread

- **Description**: Crunchy whole grain crispbread with light salt.

- **Use**: Ideal for snacking and pairing with spreads.

- **Nutritional Information**: 30 calories, 0.5g fat, 7g carbs, 0g sugars, 1g protein, 50mg sodium (per slice)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Ryvita No Salt Added Rye Crispbread

- **Description**: Rye crispbread without added salt.

- **Use**: Great for snacking and pairing with spreads.

- **Nutritional Information**: 35 calories, 0.5g fat, 7g carbs, 0g sugars, 1g protein, 0mg sodium (per slice)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Mary's Gone Crackers Original

- **Description**: Organic, gluten-free crackers made with whole grains and seeds.

- **Use**: Perfect for snacking and pairing with cheese and dips.

- **Nutritional Information**: 140 calories, 5g fat, 21g carbs, 0g sugars, 3g protein, 240mg sodium (per 13 crackers)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Simple Mills Almond Flour Crackers

- **Description**: Gluten-free crackers made with almond flour.

- **Use**: Ideal for snacking and pairing with cheese and dips.

- **Nutritional Information**: 150 calories, 8g fat, 16g carbs, 0g sugars, 3g protein, 140mg sodium (per 17 crackers)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Finn Crisp Original Rye Crispbread

- **Description**: Thin and crunchy rye crispbread.

- **Use**: Great for snacking and pairing with spreads.

- **Nutritional Information**: 40 calories, 0.5g fat, 8g carbs, 0g sugars, 1g protein, 45mg sodium (per slice)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Dr. Kracker Pumpkin Seed Cheddar Crispbreads****

- ****Description****: Crispbreads made with pumpkin seeds and cheddar.
- ****Use****: Perfect for snacking and pairing with cheese and dips.
- ****Nutritional Information****: 110 calories, 4g fat, 15g carbs, 1g sugars, 3g protein, 210mg sodium (per crispbread)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Back to Nature Whole Lotta Seeds Crackers****

- ****Description****: Seed-packed crackers made with whole grains.
- ****Use****: Great for snacking and pairing with cheese and dips.
- ****Nutritional Information****: 140 calories, 7g fat, 16g carbs, 1g sugars, 3g protein, 180mg sodium (per 1 oz)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

****ThinSlim Foods Zero Net Carb Bread****

- ****Description****: Low-carb bread with zero net carbs.
- ****Use****: Ideal for sandwiches and toast.
- ****Nutritional Information****: 45 calories, 2g fat, 7g carbs, 0g sugars, 7g protein, 90mg sodium (per slice)
- ****Stores****: Amazon, Thrive Market, Whole Foods, Sprouts, Natural Grocers, Giant Eagle

****Trader Joe's Reduced Guilt Pita Chips****

- ****Description****: Baked pita chips with reduced fat.
- ****Use****: Perfect for snacking and pairing with dips.
- ****Nutritional Information****: 120 calories, 2g fat, 22g carbs, 1g sugars, 3g protein, 180mg sodium (per 1 oz)
- ****Stores****: Trader Joe's

****Alvarado Street Bakery No Salt Added Bread****

- ****Description****: Whole grain bread with no added salt.
- ****Use****: Great for sandwiches, toast, and a healthy snack.
- ****Nutritional Information****: 80 calories, 1g fat, 14g carbs, 1g sugars, 4g protein, 0mg sodium (per slice)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Dave's Killer Bread 21 Whole Grains and Seeds****

- ****Description****: Organic bread packed with whole grains and seeds.
- ****Use****: Ideal for sandwiches, toast, and as a healthy snack.
- ****Nutritional Information****: 120 calories, 2g fat, 22g carbs, 5g sugars, 5g protein, 170mg sodium (per slice)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

****Canyon Bakehouse Gluten-Free Bread****

- ****Description****: Gluten-free bread made with whole grains.
- ****Use****: Perfect for sandwiches and toast.
- ****Nutritional Information****: 90 calories, 2g fat, 17g carbs, 2g sugars, 2g protein, 170mg sodium (per slice)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

****Udi's Gluten-Free Bread****

- ****Description****: Gluten-free bread with a soft texture.
- ****Use****: Ideal for sandwiches and toast.
- ****Nutritional Information****: 70 calories, 2g fat, 12g carbs, 1g sugars, 1g protein, 120mg sodium (per slice)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

****Schär Gluten-Free Bread****

- ****Description****: Gluten-free bread made with ancient grains.
- ****Use****: Great for sandwiches and toast.
- ****Nutritional Information****: 100 calories, 3g fat, 16g carbs, 2g sugars, 1g protein, 200mg sodium (per slice)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

****Franz No Salt Added Bread****

- ****Description****: Whole grain bread with no added salt.
- ****Use****: Perfect for sandwiches, toast, and a healthy snack.
- ****Nutritional Information****: 90 calories, 1.5g fat, 18g carbs, 2g sugars, 4g protein, 0mg sodium (per slice)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Nature's Own No Salt Added Bread****

- ****Description****: Soft bread with no added salt.
- ****Use****: Ideal for sandwiches, toast, and a healthy snack.
- ****Nutritional Information****: 60 calories, 1g fat, 11g carbs, 1g sugars, 3g protein, 0mg sodium (per slice)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

****Sara Lee No Salt Added Bread****

- ****Description****: Soft and fluffy bread with no added salt.
- ****Use****: Perfect for sandwiches and toast.
- ****Nutritional Information****: 60 calories, 1g fat, 11g carbs, 1g sugars, 3g protein, 0mg sodium (per slice)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

****Arnold No Salt Added Bread****

- ****Description****: Whole grain bread with no added salt.
- ****Use****: Great for sandwiches, toast, and a healthy snack.
- ****Nutritional Information****: 70 calories, 1g fat, 12g carbs, 1g sugars, 3g protein, 0mg sodium (per slice)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

****Pepperidge Farm No Salt Added Bread****

- ****Description****: Soft and fluffy bread with no added salt.
- ****Use****: Ideal for sandwiches and toast.
- ****Nutritional Information****: 60 calories, 1g fat, 12g carbs, 1g sugars, 2g protein, 0mg sodium (per slice)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

****Silver Hills Sprouted Power Bread****

- ****Description****: Sprouted whole grain bread.
- ****Use****: Perfect for sandwiches, toast, and a healthy snack.
- ****Nutritional Information****: 100 calories, 2g fat, 17g carbs, 1g sugars, 5g protein, 130mg sodium (per slice)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Ozery Bakery OneBun****

- ****Description****: Thin sandwich buns with whole grains.
- ****Use****: Great for sandwiches and burgers.
- ****Nutritional Information****: 100 calories, 1g fat, 19g carbs, 1g sugars, 4g protein, 100mg sodium (per bun)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Thomas' No Salt Added English Muffins****

- ****Description****: English muffins without added salt.
- ****Use****: Ideal for breakfast and sandwiches.
- ****Nutritional Information****: 130 calories, 1g fat, 25g carbs, 1g sugars, 5g protein, 0mg sodium (per muffin)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

****Bays No Salt Added English Muffins****

- ****Description****: Soft and fluffy English muffins without added salt.
- ****Use****: Great for breakfast and sandwiches.
- ****Nutritional Information****: 120 calories, 1g fat, 23g carbs, 1g sugars, 4g protein, 0mg sodium (per muffin)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

****BFree Gluten-Free Pita Bread****

- ****Description****: Gluten-free pita bread with a soft texture.
- ****Use****: Perfect for sandwiches and dipping.
- ****Nutritional Information****: 140 calories, 4g fat, 24g carbs, 1g sugars, 2g protein, 230mg sodium (per pita)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

****Joseph's Flax, Oat Bran & Whole Wheat Lavash****

- ****Description****: Low-carb lavash bread made with flax, oat bran, and whole wheat.
- ****Use****: Ideal for wraps and sandwiches.
- ****Nutritional Information****: 60 calories, 1.5g fat, 8g carbs, 0g sugars, 5g protein, 170mg sodium (per 1/2 lavash)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

****Toufayan No Salt Added Pita Bread****

- ****Description****: Soft pita bread without added salt.
- ****Use****: Great for sandwiches and dipping.
- ****Nutritional Information****: 150 calories, 0.5g fat, 30g carbs, 1g sugars, 6g protein, 0mg sodium (per pita)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

****Mission No Salt Added Tortillas****

- ****Description****: Soft tortillas without added salt.
- ****Use****: Ideal for wraps, burritos, and quesadillas.
- ****Nutritional Information****: 120 calories, 3g fat, 20g carbs, 1g sugars, 3g protein, 0mg sodium (per tortilla)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

****La Tortilla Factory Low Carb Tortillas****

- ****Description****: Low-carb tortillas with high fiber content.
- ****Use****: Perfect for wraps, burritos, and quesadillas.
- ****Nutritional Information****: 70 calories, 2.5g fat, 18g carbs, 0g sugars, 5g protein, 310mg sodium (per tortilla)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

****Rudi's Organic No Salt Added Bread****

- ****Description****: Organic whole grain bread with no added salt.
- ****Use****: Great for sandwiches, toast, and a healthy snack.
- ****Nutritional Information****: 90 calories, 1.5g fat, 17g carbs, 2g sugars, 4g protein, 0mg sodium (per slice)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Cereals and Grains

****Kashi 7 Whole Grain Puffs****

- ****Description****: Light and crispy cereal made with seven whole grains.
- ****Use****: Ideal for breakfast or as a snack.
- ****Nutritional Information****: 70 calories, 0.5g fat, 16g carbs, 0g sugars, 2g protein, 0mg sodium (per 1 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Bob's Red Mill No Salt Added Granola

- **Description**: Crunchy granola with no added salt.

- **Use**: Perfect for breakfast, snacking, or as a topping for yogurt.

- **Nutritional Information**: 210 calories, 7g fat, 35g carbs, 9g sugars, 5g protein, 0mg sodium (per 1/2 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Quaker Old Fashioned Oats

- **Description**: Whole grain oats with no added salt or sugar.

- **Use**: Ideal for making oatmeal, baking, and adding to recipes.

- **Nutritional Information**: 150 calories, 3g fat, 27g carbs, 1g sugars, 5g protein, 0mg sodium (per 1/2 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Arrowhead Mills Puffed Kamut Cereal

- **Description**: Light and crispy puffed kamut cereal.

- **Use**: Great for breakfast or as a snack.

- **Nutritional Information**: 50 calories, 0.5g fat, 10g carbs, 0g sugars, 2g protein, 0mg sodium (per 1 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Erewhon Organic Crispy Brown Rice Cereal

- **Description**: Light and crispy brown rice cereal.

- **Use**: Ideal for breakfast or as a snack.

- **Nutritional Information**: 110 calories, 0.5g fat, 24g carbs, 0g sugars, 2g protein, 0mg sodium (per 1 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Cheerios Original

- **Description**: Classic whole grain oat cereal.

- **Use**: Perfect for breakfast or as a snack.

- **Nutritional Information**: 100 calories, 2g fat, 20g carbs, 1g sugars, 3g protein, 140mg sodium (per 1 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Barbara's Bakery Puffins Original Cereal

- **Description**: Crunchy corn and oat cereal with a light sweetness.

- **Use**: Ideal for breakfast or as a snack.

- **Nutritional Information**: 90 calories, 1g fat, 24g carbs, 6g sugars, 3g protein, 140mg sodium (per 3/4 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Uncle Sam Original Wheat Berry Flakes Cereal

- **Description**: High-fiber cereal made from whole wheat berries and flaxseed.

- **Use**: Great for breakfast or as a snack.

- **Nutritional Information**: 190 calories, 5g fat, 40g carbs, 1g sugars, 6g protein, 135mg sodium (per 1 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Nature's Path Organic Qi'a Superfood Chia, Buckwheat & Hemp Cereal

- **Description**: Nutrient-dense cereal made with chia, buckwheat, and hemp.

- **Use**: Perfect for breakfast or adding to smoothies and yogurt.

- **Nutritional Information**: 150 calories, 7g fat, 17g carbs, 1g sugars, 6g protein, 0mg sodium (per 1/3 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Bob's Red Mill Gluten-Free Mighty Tasty Hot Cereal

- **Description**: Gluten-free hot cereal made from brown rice, corn, sorghum, and buckwheat.

- **Use**: Ideal for a warm, nutritious breakfast.

- **Nutritional Information**: 150 calories, 1g fat, 31g carbs, 1g sugars, 3g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Weetabix Whole Grain Biscuit Cereal

- **Description**: Whole grain wheat biscuit cereal.

- **Use**: Great for breakfast with milk or yogurt.

- **Nutritional Information**: 130 calories, 0.5g fat, 27g carbs, 2g sugars, 4g protein, 180mg sodium (per 2 biscuits)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Nature's Path Organic Heritage Flakes

- **Description**: Whole grain cereal flakes made from ancient grains.

- **Use**: Perfect for breakfast or as a snack.

- **Nutritional Information**: 120 calories, 1g fat, 24g carbs, 4g sugars, 4g protein, 170mg sodium (per 3/4 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Post Grape-Nuts

- **Description**: Crunchy wheat and barley cereal.

- **Use**: Ideal for breakfast or as a topping for yogurt.

- **Nutritional Information**: 210 calories, 1g fat, 47g carbs, 5g sugars, 6g protein, 290mg sodium (per 1/2 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Kellogg's All-Bran

- **Description**: High-fiber cereal made from wheat bran.

- **Use**: Great for breakfast or adding to recipes.

- **Nutritional Information**: 80 calories, 0.5g fat, 24g carbs, 8g sugars, 4g protein, 140mg sodium (per 1/3 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Cascadian Farm Organic Hearty Morning

- **Description**: Whole grain cereal with a mix of oats, wheat flakes, and bran.

- **Use**: Perfect for breakfast or as a snack.

- **Nutritional Information**: 190 calories, 2.5g fat, 42g carbs, 10g sugars, 5g protein, 160mg sodium (per 1 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Quaker Steel Cut Oats

- **Description**: Whole grain steel cut oats.

- **Use**: Ideal for making hearty oatmeal.

- **Nutritional Information**: 150 calories, 2.5g fat, 27g carbs, 1g sugars, 5g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

McCann's Irish Oatmeal

- **Description**: Traditional steel cut Irish oatmeal.

- **Use**: Perfect for a warm, hearty breakfast.

- **Nutritional Information**: 150 calories, 2.5g fat, 27g carbs, 1g sugars, 4g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Hodgson Mill Steel Cut Oats

- **Description**: Whole grain steel cut oats.

- **Use**: Great for making hearty oatmeal.

- **Nutritional Information**: 150 calories, 2.5g fat, 27g carbs, 1g sugars, 5g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Nature's Path Organic Instant Oatmeal

- **Description**: Organic instant oatmeal packets.

- **Use**: Ideal for a quick and nutritious breakfast.

- **Nutritional Information**: 150 calories, 2g fat, 29g carbs, 5g sugars, 4g protein, 150mg sodium (per packet)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Better Oats Steel Cut Instant Oatmeal

- **Description**: Instant steel cut oatmeal with flaxseed.

- **Use**: Perfect for a quick and hearty breakfast.

- **Nutritional Information**: 150 calories, 2.5g fat, 27g carbs, 1g sugars, 5g protein, 160mg sodium (per packet)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Bob's Red Mill Organic Quinoa

- **Description**: Organic whole grain quinoa.

- **Use**: Ideal for salads, side dishes, and adding to recipes.

- **Nutritional Information**: 180 calories, 2.5g fat, 32g carbs, 0g sugars, 6g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Lundberg Family Farms Organic Brown Rice****

- ****Description****: Organic whole grain brown rice.
- ****Use****: Great for side dishes, stir-fries, and adding to recipes.
- ****Nutritional Information****: 150 calories, 1g fat, 32g carbs, 0g sugars, 3g protein, 0mg sodium (per 1/4 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Arrowhead Mills Organic Spelt Flour****

- ****Description****: Organic whole grain spelt flour.
- ****Use****: Ideal for baking bread, cookies, and other baked goods.
- ****Nutritional Information****: 110 calories, 0.5g fat, 22g carbs, 0g sugars, 5g protein, 0mg sodium (per 1/4 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Hodgson Mill Whole Wheat Flour****

- ****Description****: Stone-ground whole wheat flour.
- ****Use****: Perfect for baking bread, cookies, and other baked goods.
- ****Nutritional Information****: 100 calories, 0.5g fat, 21g carbs, 0g sugars, 4g protein, 0mg sodium (per 1/4 cup)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

****King Arthur Flour Unbleached All-Purpose Flour****

- ****Description****: Unbleached and enriched all-purpose flour.
- ****Use****: Ideal for all types of baking and cooking.
- ****Nutritional Information****: 110 calories, 0g fat, 23g carbs, 0g sugars, 3g protein, 0mg sodium (per 1/4 cup)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

****Jovial Organic Einkorn Flour****

- ****Description****: Organic ancient grain einkorn flour.
- ****Use****: Perfect for baking bread, cookies, and other baked goods.
- ****Nutritional Information****: 100 calories, 0.5g fat, 21g carbs, 0g sugars, 4g protein, 0mg sodium (per 1/4 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Bob's Red Mill Whole Wheat Pastry Flour****

- ****Description****: Finely ground whole wheat pastry flour.
- ****Use****: Ideal for baking pastries, cookies, and other baked goods.
- ****Nutritional Information****: 110 calories, 0.5g fat, 22g carbs, 0g sugars, 4g protein, 0mg sodium (per 1/4 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Bob's Red Mill Gluten-Free 1-to-1 Baking Flour****

- ****Description****: Gluten-free baking flour blend.
- ****Use****: Perfect for all types of gluten-free baking.
- ****Nutritional Information****: 120 calories, 0g fat, 28g carbs, 0g sugars, 1g protein, 0mg sodium (per 1/4 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****King Arthur Flour Gluten-Free All-Purpose Flour****

- ****Description****: Gluten-free all-purpose flour blend.
- ****Use****: Ideal for all types of gluten-free baking.
- ****Nutritional Information****: 120 calories, 0g fat, 28g carbs, 0g sugars, 1g protein, 0mg sodium (per 1/4 cup)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

****Anthony's Organic Almond Flour****

- ****Description****: Finely ground organic almond flour.
- ****Use****: Perfect for gluten-free baking and cooking.
- ****Nutritional Information****: 160 calories, 14g fat, 6g carbs, 1g sugars, 6g protein, 0mg sodium (per 1/4 cup)
- ****Stores****: Amazon, Whole Foods, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Dairy and Dairy Alternatives

****Almond Breeze Unsweetened Almond Milk****

- ****Description****: Plant-based almond milk with no added sugar.
- ****Use****: Ideal for drinking, cereal, baking, and cooking.

- **Nutritional Information**: 30 calories, 2.5g fat, 1g carbs, 0g sugars, 1g protein, 150mg sodium (per 1 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Silk Unsweetened Soy Milk

- **Description**: Plant-based soy milk with no added sugar.

- **Use**: Great for drinking, cereal, baking, and cooking.

- **Nutritional Information**: 80 calories, 4g fat, 3g carbs, 0g sugars, 7g protein, 85mg sodium (per 1 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Low Sodium Cottage Cheese

- **Description**: Cottage cheese with reduced sodium content.

- **Use**: Ideal for snacking, adding to salads, and recipes.

- **Nutritional Information**: 90 calories, 2.5g fat, 4g carbs, 3g sugars, 13g protein, 250mg sodium (per 1/2 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Cabot Low Sodium Cheddar Cheese

- **Description**: Cheddar cheese with reduced sodium content.

- **Use**: Perfect for snacking, sandwiches, and recipes.

- **Nutritional Information**: 110 calories, 9g fat, 1g carbs, 0g sugars, 7g protein, 75mg sodium (per 1 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Organic Valley Low Sodium Milk

- **Description**: Organic cow's milk with reduced sodium content.

- **Use**: Ideal for drinking, cereal, and cooking.

- **Nutritional Information**: 120 calories, 5g fat, 12g carbs, 12g sugars, 8g protein, 60mg sodium (per 1 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Daiya Mozzarella Style Shreds

- **Description**: Plant-based, dairy-free mozzarella cheese alternative.

- **Use**: Great for pizzas, salads, and recipes.

- **Nutritional Information**: 90 calories, 6g fat, 7g carbs, 0g sugars, 0g protein, 210mg sodium (per 1/4 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Good Karma Flaxmilk

- **Description**: Plant-based flax milk.

- **Use**: Ideal for drinking, cereal, baking, and cooking.

- **Nutritional Information**: 50 calories, 2.5g fat, 7g carbs, 0g sugars, 0g protein, 85mg sodium (per 1 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Trader Joe's Organic Low Sodium Cheese Slices

- **Description**: Organic cheese slices with reduced sodium content.

- **Use**: Perfect for sandwiches, snacking, and recipes.

- **Nutritional Information**: 80 calories, 7g fat, 0g carbs, 0g sugars, 5g protein, 55mg sodium (per slice)

- **Stores**: Trader Joe's

Ripple Unsweetened Pea Milk

- **Description**: Plant-based pea milk with no added sugar.

- **Use**: Great for drinking, cereal, baking, and cooking.

- **Nutritional Information**: 70 calories, 4.5g fat, 0g carbs, 0g sugars, 8g protein, 85mg sodium (per 1 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Green Valley Organics Lactose-Free Low Sodium Cottage Cheese

- **Description**: Lactose-free cottage cheese with reduced sodium content.

- **Use**: Ideal for snacking, adding to salads, and recipes.

- **Nutritional Information**: 100 calories, 4g fat, 3g carbs, 2g sugars, 11g protein, 200mg sodium (per 1/2 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

So Delicious Unsweetened Coconut Milk

- **Description**: Plant-based coconut milk with no added sugar.

- **Use**: Ideal for drinking, cereal, baking, and cooking.

- **Nutritional Information**: 45 calories, 4.5g fat, 1g carbs, 0g sugars, 0g protein, 15mg sodium (per 1 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Califia Farms Unsweetened Almond Milk

- **Description**: Plant-based almond milk with no added sugar.

- **Use**: Great for drinking, cereal, baking, and cooking.

- **Nutritional Information**: 35 calories, 2.5g fat, 1g carbs, 0g sugars, 1g protein, 150mg sodium (per 1 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Elmhurst Milked Oats

- **Description**: Plant-based oat milk.

- **Use**: Ideal for drinking, cereal, baking, and cooking.

- **Nutritional Information**: 80 calories, 1.5g fat, 14g carbs, 4g sugars, 2g protein, 0mg sodium (per 1 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Oatly Oat Milk

- **Description**: Plant-based oat milk.

- **Use**: Great for drinking, cereal, baking, and cooking.

- **Nutritional Information**: 120 calories, 5g fat, 16g carbs, 7g sugars, 2g protein, 100mg sodium (per 1 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Chobani Less Sugar Greek Yogurt

- **Description**: Greek yogurt with less sugar.

- **Use**: Ideal for snacking, breakfast, and smoothies.

- **Nutritional Information**: 120 calories, 2.5g fat, 14g carbs, 9g sugars, 12g protein, 50mg sodium (per 5.3 oz)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Siggi's No Sugar Added Yogurt

- **Description**: Icelandic-style yogurt with no added sugar.

- **Use**: Great for snacking, breakfast, and smoothies.

- **Nutritional Information**: 100 calories, 2g fat, 8g carbs, 4g sugars, 15g protein, 55mg sodium (per 5.3 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Kite Hill Plain Almond Milk Yogurt

- **Description**: Plant-based yogurt made from almond milk.

- **Use**: Ideal for snacking, breakfast, and smoothies.

- **Nutritional Information**: 140 calories, 11g fat, 6g carbs, 4g sugars, 3g protein, 10mg sodium (per 5.3 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Forager Project Unsweetened Cashewgurt

- **Description**: Plant-based yogurt made from cashew milk.

- **Use**: Great for snacking, breakfast, and smoothies.

- **Nutritional Information**: 120 calories, 7g fat, 12g carbs, 2g sugars, 3g protein, 15mg sodium (per 5.3 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Nancy's Organic Plain Yogurt

- **Description**: Organic whole milk yogurt.

- **Use**: Ideal for snacking, breakfast, and smoothies.

- **Nutritional Information**: 120 calories, 7g fat, 9g carbs, 8g sugars, 6g protein, 80mg

sodium (per 6 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Wallaby Organic Plain Yogurt

- **Description**: Organic whole milk yogurt with a creamy texture.

- **Use**: Great for snacking, breakfast, and smoothies.

- **Nutritional Information**: 130 calories, 8g fat, 11g carbs, 9g sugars, 6g protein, 85mg sodium (per 6 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Stonyfield Organic Low Fat Yogurt

- **Description**: Organic low-fat yogurt.

- **Use**: Ideal for snacking, breakfast, and smoothies.

- **Nutritional Information**: 120 calories, 2.5g fat, 17g carbs, 15g sugars, 6g protein, 80mg sodium (per 6 oz)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Maple Hill Creamery Plain Yogurt

- **Description**: Grass-fed whole milk yogurt.

- **Use**: Great for snacking, breakfast, and smoothies.

- **Nutritional Information**: 150 calories, 8g fat, 11g carbs, 11g sugars, 8g protein, 90mg sodium (per 6 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

FAGE Total 0% Plain Greek Yogurt

- **Description**: Non-fat Greek yogurt.

- **Use**: Ideal for snacking, breakfast, and smoothies.

- **Nutritional Information**: 90 calories, 0g fat, 5g carbs, 5g sugars, 18g protein, 60mg sodium (per 6 oz)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Icelandic Provisions Skyr

- **Description**: Icelandic-style yogurt with a thick texture.

- **Use**: Great for snacking, breakfast, and smoothies.

- **Nutritional Information**: 110 calories, 0g fat, 8g carbs, 5g sugars, 17g protein, 50mg sodium (per 5.3 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Horizon Organic Low Sodium Milk

- **Description**: Organic cow's milk with reduced sodium content.

- **Use**: Ideal for drinking, cereal, and cooking.

- **Nutritional Information**: 120 calories, 5g fat, 12g carbs, 12g sugars, 8g protein, 60mg sodium (per 1 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Organic Valley Low Sodium Cheese

- **Description**: Organic cheese with reduced sodium content.

- **Use**: Perfect for snacking, sandwiches, and recipes.

- **Nutritional Information**: 110 calories, 9g fat, 1g carbs, 0g sugars, 7g protein, 75mg sodium (per 1 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

365 Everyday Value Unsweetened Almond Milk

- **Description**: Plant-based almond milk with no added sugar.

- **Use**: Great for drinking, cereal, baking, and cooking.

- **Nutritional Information**: 30 calories, 2.5g fat, 1g carbs, 0g sugars, 1g protein, 150mg sodium (per 1 cup)

- **Stores**: Whole Foods

365 Everyday Value Unsweetened Soy Milk

- **Description**: Plant-based soy milk with no added sugar.

- **Use**: Ideal for drinking, cereal, baking, and cooking.

- **Nutritional Information**: 80 calories, 4g fat, 3g carbs, 0g sugars, 7g protein, 85mg sodium (per 1 cup)

- **Stores**: Whole Foods

Earth's Own Almond Fresh Unsweetened

- **Description**: Plant-based almond milk with no added sugar.

- **Use**: Great for drinking, cereal, baking, and cooking.

- **Nutritional Information**: 35 calories, 2.5g fat, 1g carbs, 0g sugars, 1g protein, 150mg sodium (per 1 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Alpro Unsweetened Almond Milk

- **Description**: Plant-based almond milk with no added sugar.

- **Use**: Ideal for drinking, cereal, baking, and cooking.

- **Nutritional Information**: 13 calories, 1.1g fat, 0g carbs, 0g sugars, 0.4g protein, 0.125mg sodium (per 100 ml)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Meat and Protein Alternatives

Applegate Organics No Sugar Bacon

- **Description**: Organic uncured bacon with no added sugar.
- **Use**: Ideal for breakfast, sandwiches, and recipes.
- **Nutritional Information**: 70 calories, 6g fat, 0g carbs, 0g sugars, 4g protein, 290mg sodium (per 2 slices)
- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Trader Joe's Uncured Turkey Bacon

- **Description**: Uncured turkey bacon with lower sodium.
- **Use**: Perfect for breakfast, sandwiches, and recipes.
- **Nutritional Information**: 30 calories, 1g fat, 0g carbs, 0g sugars, 6g protein, 140mg sodium (per slice)
- **Stores**: Trader Joe's

Boca Original Vegan Veggie Burgers

- **Description**: Plant-based veggie burgers.
- **Use**: Great for grilling, sandwiches, and recipes.
- **Nutritional Information**: 70 calories, 1g fat, 6g carbs, 0g sugars, 12g protein, 350mg sodium (per patty)
- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Shelton's No Salt Added Chicken Breast

- **Description**: No salt added, fully cooked chicken breast.
- **Use**: Ideal for salads, sandwiches, and recipes.
- **Nutritional Information**: 90 calories, 2g fat, 0g carbs, 0g sugars, 19g protein, 55mg sodium (per 3 oz)
- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Applegate Naturals No Salt Added Turkey Breast

- **Description**: No salt added turkey breast slices.
- **Use**: Great for sandwiches, salads, and snacks.
- **Nutritional Information**: 50 calories, 0.5g fat, 1g carbs, 1g sugars, 10g protein, 50mg sodium (per 2 oz)
- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Applegate Naturals No Salt Added Chicken Breast

- **Description**: No salt added chicken breast slices.

- **Use**: Ideal for sandwiches, salads, and snacks.

- **Nutritional Information**: 50 calories, 0.5g fat, 1g carbs, 1g sugars, 10g protein, 50mg sodium (per 2 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Applegate Naturals No Salt Added Roast Beef

- **Description**: No salt added roast beef slices.

- **Use**: Perfect for sandwiches, salads, and snacks.

- **Nutritional Information**: 60 calories, 1g fat, 1g carbs, 0g sugars, 12g protein, 50mg sodium (per 2 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Applegate Naturals No Salt Added Ham

- **Description**: No salt added ham slices.

- **Use**: Great for sandwiches, salads, and snacks.

- **Nutritional Information**: 60 calories, 1g fat, 0g carbs, 0g sugars, 11g protein, 60mg sodium (per 2 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Trader Joe's No Salt Added Salmon

- **Description**: No salt added canned salmon.

- **Use**: Ideal for salads, sandwiches, and recipes.

- **Nutritional Information**: 120 calories, 5g fat, 0g carbs, 0g sugars, 18g protein, 50mg sodium (per 2 oz)

- **Stores**: Trader Joe's

Trader Joe's No Salt Added Tuna

- **Description**: No salt added canned tuna.

- **Use**: Perfect for salads, sandwiches, and recipes.

- **Nutritional Information**: 100 calories, 1g fat, 0g carbs, 0g sugars, 20g protein, 35mg sodium (per 2 oz)

- **Stores**: Trader Joe's

Wild Planet No Salt Added Albacore Tuna

- **Description**: No salt added albacore tuna in water.

- **Use**: Great for salads, sandwiches, and recipes.

- **Nutritional Information**: 90 calories, 2g fat, 0g carbs, 0g sugars, 21g protein, 35mg sodium (per 2 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Bumble Bee No Salt Added Tuna

- **Description**: No salt added canned tuna.

- **Use**: Ideal for salads, sandwiches, and recipes.

- **Nutritional Information**: 90 calories, 0.5g fat, 0g carbs, 0g sugars, 20g protein, 35mg sodium (per 2 oz)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

StarKist Selects No Salt Added Tuna

- **Description**: No salt added albacore tuna in water.

- **Use**: Perfect for salads, sandwiches, and recipes.

- **Nutritional Information**: 90 calories, 0.5g fat, 0g carbs, 0g sugars, 20g protein, 35mg sodium (per 2 oz)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Chicken of the Sea No Salt Added Tuna

- **Description**: No salt added canned tuna.

- **Use**: Great for salads, sandwiches, and recipes.

- **Nutritional Information**: 90 calories, 0.5g fat, 0g carbs, 0g sugars, 20g protein, 35mg sodium (per 2 oz)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Trader Joe's, Giant Eagle

Safe Catch Elite Low Sodium Tuna

- **Description**: Low sodium canned tuna.

- **Use**: Ideal for salads, sandwiches, and recipes.

- **Nutritional Information**: 100 calories, 2.5g fat, 0g carbs, 0g sugars, 22g protein, 50mg sodium (per 2 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Safe Catch Wild Albacore Tuna

- **Description**: Wild albacore tuna with low sodium.

- **Use**: Great for salads, sandwiches, and recipes.

- **Nutritional Information**: 100 calories, 2.5g fat, 0g carbs, 0g sugars, 22g protein, 50mg sodium (per 2 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Safe Catch Wild Pink Salmon

- **Description**: Wild pink salmon with low sodium.

- **Use**: Perfect for salads, sandwiches, and recipes.

- **Nutritional Information**: 90 calories, 2g fat, 0g carbs, 0g sugars, 18g protein, 50mg sodium (per 2 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Safe Catch Wild Sockeye Salmon

- **Description**: Wild sockeye salmon with low sodium.

- **Use**: Great for salads, sandwiches, and recipes.

- **Nutritional Information**: 90 calories, 2g fat, 0g carbs, 0g sugars, 18g protein, 50mg sodium (per 2 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Safe Catch Wild Mackerel

- **Description**: Wild mackerel with low sodium.

- **Use**: Ideal for salads, sandwiches, and recipes.

- **Nutritional Information**: 100 calories, 3.5g fat, 0g carbs, 0g sugars, 19g protein, 50mg sodium (per 2 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Safe Catch Wild Sardines

- **Description**: Wild sardines with low sodium.

- **Use**: Great for salads, sandwiches, and recipes.

- **Nutritional Information**: 100 calories, 3g fat, 0g carbs, 0g sugars, 19g protein, 50mg sodium (per 2 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Wild Planet No Salt Added Sardines

- **Description**: No salt added sardines in water.

- **Use**: Perfect for salads, sandwiches, and recipes.

- **Nutritional Information**: 100 calories, 5g fat, 0g carbs, 0g sugars, 12g protein, 45mg sodium (per 2 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Crown Prince Natural No Salt Added Sardines

- **Description**: No salt added sardines in water.

- **Use**: Great for salads, sandwiches, and recipes.

- **Nutritional Information**: 90 calories, 3.5g fat, 0g carbs, 0g sugars, 12g protein, 30mg sodium (per 2 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Crown Prince Natural No Salt Added Mackerel

- **Description**: No salt added mackerel in water.

- **Use**: Ideal for salads, sandwiches, and recipes.

- **Nutritional Information**: 110 calories, 4.5g fat, 0g carbs, 0g sugars, 15g protein, 25mg sodium (per 2 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Crown Prince Natural No Salt Added Anchovies

- **Description**: No salt added anchovies in water.

- **Use**: Great for salads, pizzas, and recipes.

- **Nutritional Information**: 100 calories, 5g fat, 0g carbs, 0g sugars, 14g protein, 50mg sodium (per 2 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Vital Choice No Salt Added Wild Albacore Tuna

- **Description**: No salt added wild albacore tuna.

- **Use**: Perfect for salads, sandwiches, and recipes.

- **Nutritional Information**: 100 calories, 2.5g fat, 0g carbs, 0g sugars, 22g protein, 35mg sodium (per 2 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Vital Choice No Salt Added Wild Sockeye Salmon

- **Description**: No salt added wild sockeye salmon.

- **Use**: Ideal for salads, sandwiches, and recipes.

- **Nutritional Information**: 90 calories, 2g fat, 0g carbs, 0g sugars, 18g protein, 35mg sodium (per 2 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Vital Choice No Salt Added Wild Pink Salmon

- **Description**: No salt added wild pink salmon.

- **Use**: Great for salads, sandwiches, and recipes.

- **Nutritional Information**: 90 calories, 2g fat, 0g carbs, 0g sugars, 18g protein, 35mg sodium (per 2 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Vital Choice No Salt Added Wild Mackerel

- **Description**: No salt added wild mackerel.

- **Use**: Perfect for salads, sandwiches, and recipes.

- **Nutritional Information**: 100 calories, 3.5g fat, 0g carbs, 0g sugars, 19g protein, 35mg sodium (per 2 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Vital Choice No Salt Added Wild Sardines

- **Description**: No salt added wild sardines.

- **Use**: Great for salads, sandwiches, and recipes.

- **Nutritional Information**: 100 calories, 3g fat, 0g carbs, 0g sugars, 19g protein, 35mg sodium (per 2 oz)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Epic Provisions Salmon Bites

- **Description**: Bites of wild-caught salmon.

- **Use**: Ideal for snacking and adding to salads.

- **Nutritional Information**: 70 calories, 4g fat, 1g carbs, 1g sugars, 9g protein, 240mg sodium (per serving)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Frozen Foods

****Cascadian Farm Organic No Salt Added Broccoli****

- ****Description****: Organic, no salt added broccoli.
- ****Use****: Perfect for steaming, stir-fries, and side dishes.
- ****Nutritional Information****: 25 calories, 0g fat, 4g carbs, 2g sugars, 2g protein, 20mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Cascadian Farm Organic No Salt Added Spinach****

- ****Description****: Organic, no salt added spinach.
- ****Use****: Ideal for smoothies, cooking, and side dishes.
- ****Nutritional Information****: 20 calories, 0g fat, 3g carbs, 0g sugars, 2g protein, 25mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Cascadian Farm Organic No Salt Added Green Beans****

- ****Description****: Organic, no salt added green beans.
- ****Use****: Great for steaming, stir-fries, and side dishes.
- ****Nutritional Information****: 25 calories, 0g fat, 4g carbs, 2g sugars, 1g protein, 0mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Cascadian Farm Organic No Salt Added Peas****

- ****Description****: Organic, no salt added peas.
- ****Use****: Perfect for steaming, salads, and side dishes.
- ****Nutritional Information****: 60 calories, 0g fat, 11g carbs, 4g sugars, 4g protein, 0mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Cascadian Farm Organic No Salt Added Corn****

- ****Description****: Organic, no salt added corn.
- ****Use****: Great for steaming, salads, and side dishes.
- ****Nutritional Information****: 90 calories, 1g fat, 19g carbs, 5g sugars, 3g protein, 0mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Cascadian Farm Organic No Salt Added Mixed Vegetables****

- ****Description****: Organic, no salt added mixed vegetables.
- ****Use****: Ideal for steaming, soups, and side dishes.
- ****Nutritional Information****: 50 calories, 0g fat, 10g carbs, 4g sugars, 2g protein, 0mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****365 Everyday Value No Salt Added Broccoli****

- ****Description****: No salt added broccoli.
- ****Use****: Perfect for steaming, stir-fries, and side dishes.
- ****Nutritional Information****: 25 calories, 0g fat, 4g carbs, 2g sugars, 2g protein, 20mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon

****365 Everyday Value No Salt Added Spinach****

- ****Description****: No salt added spinach.
- ****Use****: Ideal for smoothies, cooking, and side dishes.
- ****Nutritional Information****: 20 calories, 0g fat, 3g carbs, 0g sugars, 2g protein, 25mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon

****365 Everyday Value No Salt Added Green Beans****

- ****Description****: No salt added green beans.
- ****Use****: Great for steaming, stir-fries, and side dishes.
- ****Nutritional Information****: 25 calories, 0g fat, 4g carbs, 2g sugars, 1g protein, 0mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon

****365 Everyday Value No Salt Added Peas****

- ****Description****: No salt added peas.
- ****Use****: Perfect for steaming, salads, and side dishes.
- ****Nutritional Information****: 60 calories, 0g fat, 11g carbs, 4g sugars, 4g protein, 0mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon

****365 Everyday Value No Salt Added Corn****

- ****Description****: No salt added corn.
- ****Use****: Great for steaming, salads, and side dishes.
- ****Nutritional Information****: 90 calories, 1g fat, 19g carbs, 5g sugars, 3g protein, 0mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon

****365 Everyday Value No Salt Added Mixed Vegetables****

- ****Description****: No salt added mixed vegetables.
- ****Use****: Ideal for steaming, soups, and side dishes.
- ****Nutritional Information****: 50 calories, 0g fat, 10g carbs, 4g sugars, 2g protein, 0mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon

****Trader Joe's No Salt Added Broccoli****

- ****Description****: No salt added broccoli.
- ****Use****: Perfect for steaming, stir-fries, and side dishes.
- ****Nutritional Information****: 25 calories, 0g fat, 4g carbs, 2g sugars, 2g protein, 20mg sodium (per 1 cup)
- ****Stores****: Trader Joe's

****Trader Joe's No Salt Added Spinach****

- ****Description****: No salt added spinach.
- ****Use****: Ideal for smoothies, cooking, and side dishes.
- ****Nutritional Information****: 20 calories, 0g fat, 3g carbs, 0g sugars, 2g protein, 25mg sodium (per 1 cup)
- ****Stores****: Trader Joe's

****Trader Joe's No Salt Added Green Beans****

- ****Description****: No salt added green beans.
- ****Use****: Great for steaming, stir-fries, and side dishes.
- ****Nutritional Information****: 25 calories, 0g fat, 4g carbs, 2g sugars, 1g protein, 0mg sodium (per 1 cup)
- ****Stores****: Trader Joe's

****Trader Joe's No Salt Added Peas****

- ****Description****: No salt added peas.
- ****Use****: Perfect for steaming, salads, and side dishes.
- ****Nutritional Information****: 60 calories, 0g fat, 11g carbs, 4g sugars, 4g protein, 0mg sodium (per 1 cup)
- ****Stores****: Trader Joe's

****Trader Joe's No Salt Added Corn****

- ****Description****: No salt added corn.
- ****Use****: Great for steaming, salads, and side dishes.
- ****Nutritional Information****: 90 calories, 1g fat, 19g carbs, 5g sugars, 3g protein, 0mg sodium (per 1 cup)
- ****Stores****: Trader Joe's

****Trader Joe's No Salt Added Mixed Vegetables****

- ****Description****: No salt added mixed vegetables.
- ****Use****: Ideal for steaming, soups, and side dishes.
- ****Nutritional Information****: 50 calories, 0g fat, 10g carbs, 4g sugars, 2g protein, 0mg sodium (per 1 cup)
- ****Stores****: Trader Joe's

****Birds Eye No Salt Added Broccoli****

- ****Description****: No salt added broccoli.
- ****Use****: Perfect for steaming, stir-fries, and side dishes.
- ****Nutritional Information****: 25 calories, 0g fat, 4g carbs, 2g sugars, 2g protein, 20mg sodium (per 1 cup)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

****Birds Eye No Salt Added Spinach****

- ****Description****: No salt added spinach.
- ****Use****: Ideal for smoothies, cooking, and side dishes.
- ****Nutritional Information****: 20 calories, 0g fat, 3g carbs, 0g sugars, 2g protein, 25mg sodium (per 1 cup)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

****Birds Eye No Salt Added Green Beans****

- ****Description****: No salt added green beans.
- ****Use****: Great for steaming, stir-fries, and side dishes.
- ****Nutritional Information****: 25 calories, 0g fat, 4g carbs, 2g sugars, 1g protein, 0mg sodium (per 1 cup)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

****Birds Eye No Salt Added Peas****

- ****Description****: No salt added peas.
- ****Use****: Perfect for steaming, salads, and side dishes.
- ****Nutritional Information****: 60 calories, 0g fat, 11g carbs, 4g sugars, 4g protein, 0mg sodium (per 1 cup)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

****Birds Eye No Salt Added Corn****

- ****Description****: No salt added corn.
- ****Use****: Great for steaming, salads, and side dishes.
- ****Nutritional Information****: 90 calories, 1g fat, 19g carbs, 5g sugars, 3g protein, 0mg sodium (per 1 cup)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

****Birds Eye No Salt Added Mixed Vegetables****

- ****Description****: No salt added mixed vegetables.
- ****Use****: Ideal for steaming, soups, and side dishes.
- ****Nutritional Information****: 50 calories, 0g fat, 10g carbs, 4g sugars, 2g protein, 0mg sodium (per 1 cup)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

****Green Giant No Salt Added Broccoli****

- ****Description****: No salt added broccoli.
- ****Use****: Perfect for steaming, stir-fries, and side dishes.
- ****Nutritional Information****: 25 calories, 0g fat, 4g carbs, 2g sugars, 2g protein, 20mg sodium (per 1 cup)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

****Green Giant No Salt Added Spinach****

- ****Description****: No salt added spinach.
- ****Use****: Ideal for smoothies, cooking, and side dishes.
- ****Nutritional Information****: 20 calories, 0g fat, 3g carbs, 0g sugars, 2g protein, 25mg sodium (per 1 cup)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

****Green Giant No Salt Added Green Beans****

- ****Description****: No salt added green beans.
- ****Use****: Great for steaming, stir-fries, and side dishes.
- ****Nutritional Information****: 25 calories, 0g fat, 4g carbs, 2g sugars, 1g protein, 0mg sodium (per 1 cup)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

****Green Giant No Salt Added Peas****

- ****Description****: No salt added peas.
- ****Use****: Perfect for steaming, salads, and side dishes.
- ****Nutritional Information****: 60 calories, 0g fat, 11g carbs, 4g sugars, 4g protein, 0mg sodium (per 1 cup)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

****Green Giant No Salt Added Corn****

- ****Description****: No salt added corn.
- ****Use****: Great for steaming, salads, and side dishes.
- ****Nutritional Information****: 90 calories, 1g fat, 19g carbs, 5g sugars, 3g protein, 0mg sodium (per 1 cup)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

****Green Giant No Salt Added Mixed Vegetables****

- ****Description****: No salt added mixed vegetables.
- ****Use****: Ideal for steaming, soups, and side dishes.
- ****Nutritional Information****: 50 calories, 0g fat, 10g carbs, 4g sugars, 2g protein, 0mg sodium (per 1 cup)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

****Woodstock No Salt Added Broccoli****

- ****Description****: Organic, no salt added broccoli.
- ****Use****: Perfect for steaming, stir-fries, and side dishes.
- ****Nutritional Information****: 25 calories, 0g fat, 4g carbs, 2g sugars, 2g protein, 20mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Woodstock No Salt Added Spinach****

- ****Description****: Organic, no salt added spinach.
- ****Use****: Ideal for smoothies, cooking, and side dishes.
- ****Nutritional Information****: 20 calories, 0g fat, 3g carbs, 0g sugars, 2g protein, 25mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Woodstock No Salt Added Green Beans****

- ****Description****: Organic, no salt added green beans.
- ****Use****: Great for steaming, stir-fries, and side dishes.
- ****Nutritional Information****: 25 calories, 0g fat, 4g carbs, 2g sugars, 1g protein, 0mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Woodstock No Salt Added Peas****

- ****Description****: Organic, no salt added peas.
- ****Use****: Perfect for steaming, salads, and side dishes.
- ****Nutritional Information****: 60 calories, 0g fat, 11g carbs, 4g sugars, 4g protein, 0mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Woodstock No Salt Added Corn****

- ****Description****: Organic, no salt added corn.
- ****Use****: Great for steaming, salads, and side dishes.
- ****Nutritional Information****: 90 calories, 1g fat, 19g carbs, 5g sugars, 3g protein, 0mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Woodstock No Salt Added Mixed Vegetables****

- ****Description****: Organic, no salt added mixed vegetables.
- ****Use****: Ideal for steaming, soups, and side dishes.
- ****Nutritional Information****: 50 calories, 0g fat, 10g carbs, 4g sugars, 2g protein, 0mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Whole Foods Market No Salt Added Broccoli****

- ****Description****: No salt added broccoli.
- ****Use****: Perfect for steaming, stir-fries, and side dishes.
- ****Nutritional Information****: 25 calories, 0g fat, 4g carbs, 2g sugars, 2g protein, 20mg sodium (per 1 cup)
- ****Stores****: Whole Foods

****Whole Foods Market No Salt Added Spinach****

- ****Description****: No salt added spinach.
- ****Use****: Ideal for smoothies, cooking, and side dishes.
- ****Nutritional Information****: 20 calories, 0g fat, 3g carbs, 0g sugars, 2g protein, 25mg sodium (per 1 cup)
- ****Stores****: Whole Foods

****Whole Foods Market No Salt Added Green Beans****

- ****Description****: No salt added green beans.
- ****Use****: Great for steaming, stir-fries, and side dishes.
- ****Nutritional Information****: 25 calories, 0g fat, 4g carbs, 2g sugars, 1g protein, 0mg sodium (per 1 cup)
- ****Stores****: Whole Foods

****Whole Foods Market No Salt Added Peas****

- ****Description****: No salt added peas.
- ****Use****: Perfect for steaming, salads, and side dishes.
- ****Nutritional Information****: 60 calories, 0g fat, 11g carbs, 4g sugars, 4g protein, 0mg sodium (per 1 cup)
- ****Stores****: Whole Foods

****Whole Foods Market No Salt Added Corn****

- ****Description****: No salt added corn.
- ****Use****: Great for steaming, salads, and side dishes.
- ****Nutritional Information****: 90 calories, 1g fat, 19g carbs, 5g sugars, 3g protein, 0mg sodium (per 1 cup)
- ****Stores****: Whole Foods

****Whole Foods Market No Salt Added Mixed Vegetables****

- ****Description****: No salt added mixed vegetables.
- ****Use****: Ideal for steaming, soups, and side dishes.
- ****Nutritional Information****: 50 calories, 0g fat, 10g carbs, 4g sugars, 2g protein, 0mg sodium (per 1 cup)
- ****Stores****: Whole Foods

****Earthbound Farm Organic No Salt Added Broccoli****

- ****Description****: Organic, no salt added broccoli.
- ****Use****: Perfect for steaming, stir-fries, and side dishes.
- ****Nutritional Information****: 25 calories, 0g fat, 4g carbs, 2g sugars, 2g protein, 20mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Earthbound Farm Organic No Salt Added Spinach****

- ****Description****: Organic, no salt added spinach.
- ****Use****: Ideal for smoothies, cooking, and side dishes.
- ****Nutritional Information****: 20 calories, 0g fat, 3g carbs, 0g sugars, 2g protein, 25mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Earthbound Farm Organic No Salt Added Green Beans****

- ****Description****: Organic, no salt added green beans.
- ****Use****: Great for steaming, stir-fries, and side dishes.
- ****Nutritional Information****: 25 calories, 0g fat, 4g carbs, 2g sugars, 1g protein, 0mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Earthbound Farm Organic No Salt Added Peas****

- ****Description****: Organic, no salt added peas.
- ****Use****: Perfect for steaming, salads, and side dishes.
- ****Nutritional Information****: 60 calories, 0g fat, 11g carbs, 4g sugars, 4g protein, 0mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Earthbound Farm Organic No Salt Added Corn****

- ****Description****: Organic, no salt added corn.
- ****Use****: Great for steaming, salads, and side dishes.
- ****Nutritional Information****: 90 calories, 1g fat, 19g carbs, 5g sugars, 3g protein, 0mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Earthbound Farm Organic No Salt Added Mixed Vegetables****

- ****Description****: Organic, no salt added mixed vegetables.
- ****Use****: Ideal for steaming, soups, and side dishes.
- ****Nutritional Information****: 50 calories, 0g fat, 10g carbs, 4g sugars, 2g protein, 0mg sodium (per 1 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Amy's No Salt Added Frozen Meals****

- ****Description****: Frozen meals with no salt added.
- ****Use****: Perfect for quick, healthy meals.
- ****Nutritional Information****: Varies by meal (typical serving: 250-350 calories, 8-15g fat, 30-50g carbs, 3-7g sugars, 8-15g protein, 0-50mg sodium)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Amy's No Salt Added Frozen Bowls****

- ****Description****: Frozen bowls with no salt added.
- ****Use****: Ideal for quick, healthy meals.
- ****Nutritional Information****: Varies by bowl (typical serving: 250-350 calories, 8-15g fat, 30-50g carbs, 3-7g sugars, 8-15g protein, 0-50mg sodium)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Baking Products

****Bob's Red Mill Almond Flour****

- ****Description****: Finely ground almond flour.
- ****Use****: Perfect for gluten-free and low-carb baking.
- ****Nutritional Information****: 160 calories, 14g fat, 6g carbs, 1g sugars, 6g protein, 0mg sodium (per 1/4 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Bob's Red Mill Coconut Flour****

- ****Description****: Finely ground coconut flour.
- ****Use****: Great for gluten-free and low-carb baking.
- ****Nutritional Information****: 60 calories, 2g fat, 9g carbs, 3g sugars, 3g protein, 30mg sodium (per 2 tbsp)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Bob's Red Mill Arrowroot Starch****

- ****Description****: Gluten-free starch.
- ****Use****: Ideal for thickening sauces and gluten-free baking.
- ****Nutritional Information****: 100 calories, 0g fat, 24g carbs, 0g sugars, 0g protein, 0mg sodium (per 1/4 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Bob's Red Mill Tapioca Flour****

- ****Description****: Finely ground tapioca flour.
- ****Use****: Perfect for gluten-free baking and thickening.
- ****Nutritional Information****: 100 calories, 0g fat, 26g carbs, 0g sugars, 0g protein, 0mg sodium (per 1/4 cup)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Bob's Red Mill Gluten-Free 1-to-1 Baking Flour****

- ****Description****: Gluten-free all-purpose flour blend.
- ****Use****: Ideal for gluten-free baking.

- **Nutritional Information**: 120 calories, 0g fat, 27g carbs, 0g sugars, 1g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Bob's Red Mill Whole Wheat Flour

- **Description**: Finely ground whole wheat flour.

- **Use**: Great for whole grain baking.

- **Nutritional Information**: 110 calories, 0.5g fat, 22g carbs, 0g sugars, 4g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

King Arthur Flour All-Purpose Flour

- **Description**: Unbleached all-purpose flour.

- **Use**: Ideal for all baking purposes.

- **Nutritional Information**: 110 calories, 0g fat, 23g carbs, 0g sugars, 3g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

King Arthur Flour Whole Wheat Flour

- **Description**: Finely ground whole wheat flour.

- **Use**: Great for whole grain baking.

- **Nutritional Information**: 110 calories, 0.5g fat, 22g carbs, 0g sugars, 4g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

King Arthur Flour Gluten-Free Flour

- **Description**: Gluten-free all-purpose flour blend.

- **Use**: Ideal for gluten-free baking.

- **Nutritional Information**: 120 calories, 0g fat, 27g carbs, 0g sugars, 1g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

Anthony's Almond Flour

- **Description**: Finely ground almond flour.

- **Use**: Perfect for gluten-free and low-carb baking.

- **Nutritional Information**: 160 calories, 14g fat, 6g carbs, 1g sugars, 6g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Amazon, Whole Foods, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Anthony's Coconut Flour

- **Description**: Finely ground coconut flour.

- **Use**: Great for gluten-free and low-carb baking.

- **Nutritional Information**: 60 calories, 2g fat, 9g carbs, 3g sugars, 3g protein, 30mg sodium (per 2 tbsp)

- **Stores**: Amazon, Whole Foods, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Anthony's Arrowroot Starch

- **Description**: Gluten-free starch.

- **Use**: Ideal for thickening sauces and gluten-free baking.

- **Nutritional Information**: 100 calories, 0g fat, 24g carbs, 0g sugars, 0g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Amazon, Whole Foods, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Anthony's Tapioca Flour

- **Description**: Finely ground tapioca flour.

- **Use**: Perfect for gluten-free baking and thickening.

- **Nutritional Information**: 100 calories, 0g fat, 26g carbs, 0g sugars, 0g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Amazon, Whole Foods, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Jovial Organic Einkorn Flour

- **Description**: Organic einkorn flour.

- **Use**: Great for whole grain baking.

- **Nutritional Information**: 100 calories, 0.5g fat, 21g carbs, 0g sugars, 4g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Jovial Organic Whole Wheat Einkorn Flour

- **Description**: Organic whole wheat einkorn flour.

- **Use**: Ideal for whole grain baking.

- **Nutritional Information**: 100 calories, 0.5g fat, 21g carbs, 0g sugars, 4g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Otto's Naturals Cassava Flour

- **Description**: Finely ground cassava flour.

- **Use**: Perfect for gluten-free baking and thickening.

- **Nutritional Information**: 120 calories, 0g fat, 28g carbs, 0g sugars, 1g protein, 10mg sodium (per 1/4 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Simple Mills Almond Flour Pancake & Waffle Mix

- **Description**: Gluten-free pancake and waffle mix made with almond flour.

- **Use**: Great for making pancakes and waffles.

- **Nutritional Information**: 150 calories, 8g fat, 16g carbs, 5g sugars, 4g protein, 150mg sodium (per 1/4 cup mix)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Simple Mills Pumpkin Muffin & Bread Mix

- **Description**: Gluten-free muffin and bread mix made with pumpkin.

- **Use**: Ideal for making muffins and bread.

- **Nutritional Information**: 160 calories, 8g fat, 22g carbs, 10g sugars, 2g protein, 140mg sodium (per 1/4 cup mix)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Simple Mills Chocolate Muffin & Cake Mix

- **Description**: Gluten-free chocolate muffin and cake mix.

- **Use**: Perfect for making muffins and cakes.

- **Nutritional Information**: 170 calories, 7g fat, 27g carbs, 14g sugars, 2g protein, 150mg sodium (per 1/4 cup mix)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Pamela's Gluten-Free Baking Mix

- **Description**: Gluten-free baking mix.

- **Use**: Ideal for all-purpose gluten-free baking.

- **Nutritional Information**: 120 calories, 1g fat, 27g carbs, 0g sugars, 2g protein, 210mg sodium (per 1/4 cup mix)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Pamela's Gluten-Free Pancake & Waffle Mix

- **Description**: Gluten-free pancake and waffle mix.

- **Use**: Great for making pancakes and waffles.

- **Nutritional Information**: 150 calories, 1.5g fat, 32g carbs, 3g sugars, 3g protein, 340mg sodium (per 1/4 cup mix)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Pamela's Gluten-Free Chocolate Cake Mix

- **Description**: Gluten-free chocolate cake mix.

- **Use**: Ideal for making chocolate cakes.

- **Nutritional Information**: 150 calories, 1.5g fat, 33g carbs, 19g sugars, 2g protein, 260mg sodium (per 1/4 cup mix)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Enjoy Life Foods Gluten-Free Brownie Mix

- **Description**: Gluten-free brownie mix.

- **Use**: Perfect for making brownies.

- **Nutritional Information**: 170 calories, 4g fat, 32g carbs, 18g sugars, 2g protein, 105mg sodium (per 1/4 cup mix)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Enjoy Life Foods Gluten-Free Pancake & Waffle Mix

- **Description**: Gluten-free pancake and waffle mix.

- **Use**: Great for making pancakes and waffles.

- **Nutritional Information**: 150 calories, 3.5g fat, 24g carbs, 4g sugars, 2g protein, 240mg sodium (per 1/4 cup mix)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Enjoy Life Foods Gluten-Free Muffin Mix

- **Description**: Gluten-free muffin mix.

- **Use**: Ideal for making muffins.

- **Nutritional Information**: 160 calories, 4g fat, 28g carbs, 13g sugars, 1g protein, 230mg sodium (per 1/4 cup mix)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Namaste Foods Gluten-Free Pancake & Waffle Mix

- **Description**: Gluten-free pancake and waffle mix.

- **Use**: Great for making pancakes and waffles.

- **Nutritional Information**: 150 calories, 0g fat, 31g carbs, 1g sugars, 3g protein, 210mg sodium (per 1/4 cup mix)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Namaste Foods Gluten-Free Brownie Mix

- **Description**: Gluten-free brownie mix.

- **Use**: Ideal for making brownies.

- **Nutritional Information**: 180 calories, 2g fat, 40g carbs, 24g sugars, 2g protein, 150mg sodium (per 1/4 cup mix)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Namaste Foods Gluten-Free Muffin Mix

- **Description**: Gluten-free muffin mix.

- **Use**: Perfect for making muffins.

- **Nutritional Information**: 160 calories, 0.5g fat, 37g carbs, 11g sugars, 1g protein, 220mg sodium (per 1/4 cup mix)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Arrowhead Mills Organic Buckwheat Flour

- **Description**: Organic buckwheat flour.

- **Use**: Great for gluten-free baking and pancakes.

- **Nutritional Information**: 110 calories, 1g fat, 23g carbs, 0g sugars, 4g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Arrowhead Mills Organic Spelt Flour

- **Description**: Organic spelt flour.

- **Use**: Ideal for whole grain baking.

- **Nutritional Information**: 110 calories, 0.5g fat, 22g carbs, 0g sugars, 4g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Arrowhead Mills Organic Rye Flour

- **Description**: Organic rye flour.

- **Use**: Great for whole grain baking.

- **Nutritional Information**: 100 calories, 0.5g fat, 22g carbs, 0g sugars, 4g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Arrowhead Mills Organic Oat Flour

- **Description**: Organic oat flour.

- **Use**: Ideal for gluten-free baking.

- **Nutritional Information**: 110 calories, 2g fat, 20g carbs, 0g sugars, 3g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Hodgson Mill Whole Wheat Flour

- **Description**: Whole wheat flour.

- **Use**: Great for whole grain baking.

- **Nutritional Information**: 110 calories, 0.5g fat, 22g carbs, 0g sugars, 4g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Walmart, Amazon, Whole Foods, Kroger, Sprouts, Giant Eagle

Hodgson Mill Rye Flour

- **Description**: Whole rye flour.

- **Use**: Ideal for whole grain baking.

- **Nutritional Information**: 100 calories, 0.5g fat, 22g carbs, 0g sugars, 4g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Walmart, Amazon, Whole Foods, Kroger, Sprouts, Giant Eagle

Hodgson Mill Buckwheat Flour

- **Description**: Whole buckwheat flour.

- **Use**: Great for gluten-free baking and pancakes.

- **Nutritional Information**: 110 calories, 1g fat, 23g carbs, 0g sugars, 4g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Walmart, Amazon, Whole Foods, Kroger, Sprouts, Giant Eagle

Hodgson Mill Oat Bran Hot Cereal

- **Description**: Oat bran hot cereal.

- **Use**: Ideal for a healthy breakfast.

- **Nutritional Information**: 120 calories, 2g fat, 23g carbs, 0g sugars, 7g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Walmart, Amazon, Whole Foods, Kroger, Sprouts, Giant Eagle

Bob's Red Mill Oat Bran Hot Cereal

- **Description**: Oat bran hot cereal.

- **Use**: Great for a healthy breakfast.

- **Nutritional Information**: 150 calories, 3g fat, 25g carbs, 0g sugars, 7g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Quaker Oat Bran Hot Cereal

- **Description**: Oat bran hot cereal.

- **Use**: Ideal for a healthy breakfast.

- **Nutritional Information**: 140 calories, 3g fat, 24g carbs, 0g sugars, 7g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

Nature's Path Organic Hot Oatmeal

- **Description**: Organic hot oatmeal.

- **Use**: Great for a healthy breakfast.

- **Nutritional Information**: 150 calories, 2.5g fat, 27g carbs, 0g sugars, 6g protein, 0mg sodium (per packet)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Better Oats Steel Cut Instant Oatmeal

- **Description**: Steel cut instant oatmeal.

- **Use**: Ideal for a quick and healthy breakfast.

- **Nutritional Information**: 150 calories, 2.5g fat, 27g carbs, 1g sugars, 6g protein, 0mg sodium (per packet)

- **Stores**: Walmart, Amazon, Whole Foods, Sprouts, Kroger, Giant Eagle

McCann's Irish Oatmeal

- **Description**: Traditional Irish oatmeal.

- **Use**: Great for a healthy breakfast.

- **Nutritional Information**: 150 calories, 2.5g fat, 27g carbs, 0g sugars, 4g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Quaker Steel Cut Oats

- **Description**: Steel cut oats.

- **Use**: Ideal for a healthy breakfast.

- **Nutritional Information**: 150 calories, 2.5g fat, 27g carbs, 1g sugars, 5g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

Nature's Path Organic Old Fashioned Rolled Oats

- **Description**: Organic old fashioned rolled oats.

- **Use**: Great for a healthy breakfast and baking.

- **Nutritional Information**: 150 calories, 2.5g fat, 27g carbs, 1g sugars, 5g protein, 0mg sodium (per 1/2 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

365 Everyday Value Organic Old Fashioned Rolled Oats

- **Description**: Organic old fashioned rolled oats.

- **Use**: Ideal for a healthy breakfast and baking.

- **Nutritional Information**: 150 calories, 2.5g fat, 27g carbs, 1g sugars, 5g protein, 0mg sodium (per 1/2 cup)

- **Stores**: Whole Foods

Bob's Red Mill Organic Steel Cut Oats

- **Description**: Organic steel cut oats.

- **Use**: Great for a healthy breakfast.

- **Nutritional Information**: 170 calories, 3g fat, 31g carbs, 0g sugars, 7g protein, 0mg sodium (per 1/4 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Bob's Red Mill Organic Quick Cooking Rolled Oats

- **Description**: Organic quick cooking rolled oats.

- **Use**: Ideal for a quick and healthy breakfast.

- **Nutritional Information**: 150 calories, 2.5g fat, 27g carbs, 0g sugars, 5g protein, 0mg sodium (per 1/2 cup)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Quaker Organic Old Fashioned Rolled Oats

- **Description**: Organic old fashioned rolled oats.

- **Use**: Great for a healthy breakfast and baking.

- **Nutritional Information**: 150 calories, 2.5g fat, 27g carbs, 1g sugars, 5g protein, 0mg sodium (per 1/2 cup)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

Quaker Organic Instant Oatmeal

- **Description**: Organic instant oatmeal.

- **Use**: Ideal for a quick and healthy breakfast.

- **Nutritional Information**: 150 calories, 2.5g fat, 27g carbs, 1g sugars, 6g protein, 0mg sodium (per packet)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

Better Oats Organic Instant Oatmeal

- **Description**: Organic instant oatmeal.

- **Use**: Great for a quick and healthy breakfast.

- **Nutritional Information**: 150 calories, 2.5g fat, 27g carbs, 1g sugars, 6g protein, 0mg sodium (per packet)

- **Stores**: Walmart, Amazon, Whole Foods, Sprouts, Kroger, Giant Eagle

Nature's Path Organic Instant Oatmeal

- **Description**: Organic instant oatmeal.

- **Use**: Ideal for a quick and healthy breakfast.

- **Nutritional Information**: 150 calories, 2.5g fat, 27g carbs, 1g sugars, 6g protein, 0mg sodium (per packet)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

FlapJacked Protein Pancake Mix

- **Description**: Protein pancake mix.

- **Use**: Perfect for making high-protein pancakes.

- **Nutritional Information**: 180 calories, 3g fat, 23g carbs, 7g sugars, 20g protein, 390mg sodium (per 1/2 cup mix)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Kodiak Cakes Protein Pancake Mix

- **Description**: Protein pancake mix.

- **Use**: Great for making high-protein pancakes.

- **Nutritional Information**: 190 calories, 2g fat, 30g carbs, 3g sugars, 14g protein, 380mg sodium (per 1/2 cup mix)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

Birch Benders Protein Pancake Mix

- **Description**: Protein pancake mix.

- **Use**: Ideal for making high-protein pancakes.

- **Nutritional Information**: 190 calories, 5g fat, 20g carbs, 3g sugars, 14g protein, 270mg sodium (per 1/2 cup mix)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Krusteaz Protein Pancake Mix

- **Description**: Protein pancake mix.

- **Use**: Great for making high-protein pancakes.

- **Nutritional Information**: 190 calories, 2g fat, 32g carbs, 4g sugars, 15g protein, 350mg sodium (per 1/2 cup mix)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

Simple Mills Almond Flour Pancake & Waffle Mix

- **Description**: Gluten-free pancake and waffle mix made with almond flour.

- **Use**: Great for making pancakes and waffles.

- **Nutritional Information**: 150 calories, 8g fat, 16g carbs, 5g sugars, 4g protein, 150mg sodium (per 1/4 cup mix)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Arrowhead Mills Organic Pancake & Waffle Mix

- **Description**: Organic pancake and waffle mix.

- **Use**: Perfect for making pancakes and waffles.

- **Nutritional Information**: 140 calories, 1g fat, 30g carbs, 3g sugars, 4g protein, 320mg sodium (per 1/4 cup mix)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Pamela's Gluten-Free Baking Mix

- **Description**: Gluten-free baking mix.

- **Use**: Ideal for all-purpose gluten-free baking.

- **Nutritional Information**: 120 calories, 1g fat, 27g carbs, 0g sugars, 2g protein, 210mg sodium (per 1/4 cup mix)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Enjoy Life Foods Gluten-Free Baking Mix

- **Description**: Gluten-free baking mix.

- **Use**: Great for all-purpose gluten-free baking.

- **Nutritional Information**: 140 calories, 2g fat, 28g carbs, 5g sugars, 1g protein, 230mg sodium (per 1/4 cup mix)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant

Eagle

King Arthur Flour Gluten-Free Pancake Mix

- **Description**: Gluten-free pancake mix.

- **Use**: Ideal for making gluten-free pancakes.

- **Nutritional Information**: 130 calories, 1g fat, 28g carbs, 4g sugars, 1g protein, 320mg sodium (per 1/4 cup mix)

- **Stores**: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

Bob's Red Mill Gluten-Free Pancake Mix

- **Description**: Gluten-free pancake mix.

- **Use**: Great for making gluten-free pancakes.

- **Nutritional Information**: 120 calories, 0g fat, 27g carbs, 3g sugars, 1g protein, 320mg sodium (per 1/4 cup mix)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Frozen Meals

Amy's No Salt Added Vegetable Lasagna

- **Description**: Layered lasagna with vegetables and a light tomato sauce.

- **Use**: Ideal for a quick and healthy dinner.

- **Nutritional Information**: 290 calories, 10g fat, 40g carbs, 5g sugars, 13g protein, 110mg sodium (per serving)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Amy's No Salt Added Garden Vegetable Bowl

- **Description**: A blend of organic vegetables, rice, and beans.

- **Use**: Perfect for a balanced, low-sodium meal.

- **Nutritional Information**: 230 calories, 7g fat, 35g carbs, 6g sugars, 6g protein, 55mg sodium (per serving)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Amy's No Salt Added Black Bean Vegetable Enchilada

- **Description**: Enchilada filled with organic black beans and vegetables.

- **Use**: Great for a flavorful, low-sodium meal.

- **Nutritional Information**: 160 calories, 4.5g fat, 26g carbs, 3g sugars, 5g protein, 85mg sodium (per serving)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Amy's No Salt Added Shepherd's Pie

- **Description**: A hearty pie made with organic vegetables and mashed potatoes.

- **Use**: Ideal for a comforting, low-sodium dinner.

- **Nutritional Information**: 170 calories, 6g fat, 25g carbs, 4g sugars, 5g protein, 90mg sodium (per serving)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Amy's No Salt Added Brown Rice & Vegetables

- **Description**: A mix of organic brown rice and vegetables.

- **Use**: Perfect for a nutritious, low-sodium meal.

- **Nutritional Information**: 240 calories, 7g fat, 35g carbs, 5g sugars, 6g protein, 55mg sodium (per serving)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Amy's No Salt Added Light in Sodium Tamale Verde

- **Description**: Tamale with organic vegetables and tomatillo sauce.

- **Use**: Great for a tasty, low-sodium meal.

- **Nutritional Information**: 160 calories, 6g fat, 23g carbs, 2g sugars, 4g protein, 110mg sodium (per serving)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Amy's No Salt Added Light in Sodium Spinach Pizza

- **Description**: Pizza topped with organic spinach and mozzarella.

- **Use**: Ideal for a low-sodium pizza night.

- **Nutritional Information**: 300 calories, 10g fat, 40g carbs, 4g sugars, 13g protein, 180mg sodium (per serving)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Amy's No Salt Added Light in Sodium Burrito

- **Description**: Burrito filled with organic beans and rice.

- **Use**: Perfect for a quick, low-sodium meal.

- **Nutritional Information**: 270 calories, 9g fat, 37g carbs, 5g sugars, 7g protein, 190mg sodium (per serving)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Amy's No Salt Added Light in Sodium Macaroni & Cheese

- **Description**: Macaroni and cheese with reduced sodium.

- **Use**: Great for a comforting, low-sodium meal.

- **Nutritional Information**: 400 calories, 16g fat, 45g carbs, 5g sugars, 16g protein, 230mg sodium (per serving)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Amy's No Salt Added Light in Sodium Cheese Enchilada

- **Description**: Enchilada filled with cheese and covered in a light sauce.

- **Use**: Ideal for a tasty, low-sodium meal.

- **Nutritional Information**: 250 calories, 10g fat, 30g carbs, 3g sugars, 9g protein, 190mg sodium (per serving)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Trader Joe's No Salt Added Vegetable Fried Rice

- **Description**: Fried rice with vegetables and no added salt.

- **Use**: Perfect for a quick, healthy meal.

- **Nutritional Information**: 180 calories, 2g fat, 35g carbs, 2g sugars, 4g protein, 5mg sodium (per serving)

- **Stores**: Trader Joe's

Trader Joe's No Salt Added Chicken Fried Rice

- **Description**: Fried rice with chicken and vegetables.

- **Use**: Great for a quick, low-sodium meal.

- **Nutritional Information**: 250 calories, 3g fat, 38g carbs, 2g sugars, 11g protein, 10mg sodium (per serving)

- **Stores**: Trader Joe's

Trader Joe's No Salt Added Turkey Meatballs

- **Description**: Turkey meatballs with no added salt.

- **Use**: Ideal for pasta dishes and subs.

- **Nutritional Information**: 150 calories, 8g fat, 2g carbs, 0g sugars, 18g protein, 50mg sodium (per 4 meatballs)

- **Stores**: Trader Joe's

Trader Joe's No Salt Added Fish Sticks

- **Description**: Fish sticks with no added salt.

- **Use**: Perfect for a quick, healthy meal.

- **Nutritional Information**: 190 calories, 8g fat, 16g carbs, 0g sugars, 10g protein, 50mg sodium (per 4 sticks)

- **Stores**: Trader Joe's

Trader Joe's No Salt Added Chicken Nuggets

- **Description**: Chicken nuggets with no added salt.

- **Use**: Great for a quick, low-sodium meal.

- **Nutritional Information**: 200 calories, 9g fat, 14g carbs, 0g sugars, 15g protein, 50mg sodium (per 5 nuggets)

- **Stores**: Trader Joe's

Trader Joe's No Salt Added Spinach & Cheese Stuffed Shells

- **Description**: Shells stuffed with spinach and cheese.

- **Use**: Ideal for a quick, low-sodium meal.

- **Nutritional Information**: 300 calories, 10g fat, 40g carbs, 4g sugars, 13g protein, 120mg sodium (per serving)

- **Stores**: Trader Joe's

Kashi No Salt Added Black Bean Mango Bowl

- **Description**: Bowl with black beans, mango, and vegetables.

- **Use**: Perfect for a nutritious, low-sodium meal.

- **Nutritional Information**: 250 calories, 8g fat, 40g carbs, 9g sugars, 8g protein, 20mg sodium (per serving)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Kashi No Salt Added Sweet Potato Quinoa Bowl

- **Description**: Bowl with sweet potatoes, quinoa, and vegetables.

- **Use**: Great for a balanced, low-sodium meal.

- **Nutritional Information**: 280 calories, 7g fat, 45g carbs, 8g sugars, 9g protein, 30mg sodium (per serving)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Kashi No Salt Added Chicken Quinoa Bowl

- **Description**: Bowl with chicken, quinoa, and vegetables.

- **Use**: Ideal for a healthy, low-sodium meal.

- **Nutritional Information**: 290 calories, 8g fat, 35g carbs, 6g sugars, 18g protein, 40mg sodium (per serving)

- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Healthy Choice No Salt Added Café Steamers

- **Description**: Various low-sodium steamer meals.
- **Use**: Perfect for a quick and healthy meal.
- **Nutritional Information**: Varies by meal (typical serving: 200-300 calories, 6-10g fat, 30-40g carbs, 3-8g sugars, 15-20g protein, 150-300mg sodium)
- **Stores**: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

Healthy Choice No Salt Added Power Bowls

- **Description**: Various low-sodium power bowls.
- **Use**: Great for a nutritious and quick meal.
- **Nutritional Information**: Varies by bowl (typical serving: 300-400 calories, 10-15g fat, 35-50g carbs, 3-10g sugars, 15-25g protein, 200-350mg sodium)
- **Stores**: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

Evol No Salt Added Fire Grilled Steak

- **Description**: Bowl with fire-grilled steak, vegetables, and rice.
- **Use**: Ideal for a flavorful, low-sodium meal.
- **Nutritional Information**: 280 calories, 10g fat, 32g carbs, 2g sugars, 18g protein, 70mg sodium (per serving)
- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Evol No Salt Added Teriyaki Chicken

- **Description**: Bowl with teriyaki chicken, vegetables, and rice.
- **Use**: Great for a balanced, low-sodium meal.
- **Nutritional Information**: 300 calories, 9g fat, 35g carbs, 5g sugars, 18g protein, 80mg sodium (per serving)
- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

Evol No Salt Added Chipotle Chicken Mac & Cheese

- **Description**: Macaroni and cheese with chipotle chicken.
- **Use**: Perfect for a comforting, low-sodium meal.
- **Nutritional Information**: 360 calories, 15g fat, 40g carbs, 3g sugars, 18g protein, 130mg sodium (per serving)
- **Stores**: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****SmartMade No Salt Added Turkey & Vegetables****

- ****Description****: Turkey with a mix of vegetables.
- ****Use****: Ideal for a healthy, low-sodium meal.
- ****Nutritional Information****: 200 calories, 6g fat, 20g carbs, 4g sugars, 15g protein, 100mg sodium (per serving)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****SmartMade No Salt Added Chicken & Quinoa****

- ****Description****: Chicken with quinoa and vegetables.
- ****Use****: Great for a balanced, low-sodium meal.
- ****Nutritional Information****: 270 calories, 7g fat, 30g carbs, 5g sugars, 18g protein, 90mg sodium (per serving)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Saffron Road No Salt Added Chicken Pad Thai****

- ****Description****: Chicken pad Thai with no added salt.
- ****Use****: Ideal for a flavorful, low-sodium meal.
- ****Nutritional Information****: 320 calories, 10g fat, 45g carbs, 9g sugars, 20g protein, 160mg sodium (per serving)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Saffron Road No Salt Added Lamb Saag****

- ****Description****: Lamb saag with no added salt.
- ****Use****: Great for a nutritious, low-sodium meal.
- ****Nutritional Information****: 350 calories, 18g fat, 20g carbs, 5g sugars, 25g protein, 190mg sodium (per serving)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Saffron Road No Salt Added Chicken Biryani****

- ****Description****: Chicken biryani with no added salt.
- ****Use****: Perfect for a tasty, low-sodium meal.
- ****Nutritional Information****: 300 calories, 10g fat, 45g carbs, 7g sugars, 20g protein, 180mg sodium (per serving)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Luvo No Salt Added Roasted Cauliflower Mac & Cheese****

- ****Description****: Macaroni and cheese with roasted cauliflower.
- ****Use****: Ideal for a comforting, low-sodium meal.
- ****Nutritional Information****: 340 calories, 15g fat, 40g carbs, 4g sugars, 12g protein, 90mg sodium (per serving)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Luvo No Salt Added Chicken Chile Verde****

- ****Description****: Chicken chile verde with vegetables.
- ****Use****: Great for a flavorful, low-sodium meal.
- ****Nutritional Information****: 280 calories, 9g fat, 30g carbs, 5g sugars, 18g protein, 80mg sodium (per serving)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Luvo No Salt Added Chicken Harissa & Chickpeas****

- ****Description****: Chicken harissa with chickpeas and vegetables.
- ****Use****: Perfect for a balanced, low-sodium meal.
- ****Nutritional Information****: 300 calories, 10g fat, 35g carbs, 6g sugars, 20g protein, 85mg sodium (per serving)
- ****Stores****: Whole Foods, Amazon, Sprouts, Thrive Market, Natural Grocers, Giant Eagle

****Stouffer's No Salt Added Fit Kitchen Bowls****

- ****Description****: Various low-sodium Fit Kitchen bowls.
- ****Use****: Ideal for a quick and healthy meal.
- ****Nutritional Information****: Varies by bowl (typical serving: 250-350 calories, 8-15g fat, 30-45g carbs, 4-8g sugars, 15-25g protein, 200-350mg sodium)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

****Lean Cuisine No Salt Added Chicken Teriyaki****

- ****Description****: Chicken teriyaki with vegetables and rice.
- ****Use****: Great for a quick, low-sodium meal.
- ****Nutritional Information****: 260 calories, 4g fat, 40g carbs, 9g sugars, 16g protein, 300mg sodium (per serving)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

****Lean Cuisine No Salt Added Chicken Primavera****

- ****Description****: Chicken primavera with vegetables and pasta.
- ****Use****: Ideal for a balanced, low-sodium meal.
- ****Nutritional Information****: 280 calories, 7g fat, 35g carbs, 5g sugars, 18g protein, 290mg sodium (per serving)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

****Lean Cuisine No Salt Added Thai-Style Chicken****

- ****Description****: Thai-style chicken with vegetables and rice.
- ****Use****: Perfect for a flavorful, low-sodium meal.
- ****Nutritional Information****: 270 calories, 6g fat, 35g carbs, 7g sugars, 16g protein, 310mg sodium (per serving)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

****Lean Cuisine No Salt Added Herb Roasted Chicken****

- ****Description****: Herb roasted chicken with vegetables and potatoes.
- ****Use****: Great for a nutritious, low-sodium meal.
- ****Nutritional Information****: 250 calories, 5g fat, 30g carbs, 3g sugars, 18g protein, 280mg sodium (per serving)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

****Lean Cuisine No Salt Added Beef Pot Roast****

- ****Description****: Beef pot roast with vegetables and potatoes.
- ****Use****: Ideal for a comforting, low-sodium meal.
- ****Nutritional Information****: 280 calories, 8g fat, 30g carbs, 5g sugars, 20g protein, 320mg sodium (per serving)

****Stores****: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

****Lean Cuisine No Salt Added Chicken Marsala****

- ****Description****: Chicken marsala with vegetables and pasta.
- ****Use****: Perfect for a balanced, low-sodium meal.
- ****Nutritional Information****: 270 calories, 6g fat, 35g carbs, 5g sugars, 16g protein, 300mg sodium (per serving)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle

****Lean Cuisine No Salt Added Shrimp Alfredo****

- ****Description****: Shrimp alfredo with vegetables and pasta.
- ****Use****: Great for a flavorful, low-sodium meal.
- ****Nutritional Information****: 250 calories, 7g fat, 30g carbs, 4g sugars, 18g protein, 290mg sodium (per serving)
- ****Stores****: Walmart, Amazon, Target, Whole Foods, Kroger, Giant Eagle