

On Target Living Brand Favorites

(items in bold can be purchased online at <http://ontargetliving.com>)

Water & Beverages

- ♣ Spring, Artesian or Ionized Water System
- ♣ San Pelligrino, Naticzowianka, or Perrier naturally carbonated mineral water
- ♣ Organic almond, coconut, hazelnut, rice, oat, soy, goat or cow's milk
- ♣ R.W. Knudsen organic juices
- ♣ Glaceu Vitamin Water/ Smart Water/Fruit Water (performance drinks)
- ♣ Organic Coffee Company/Paramount Coffee Company
- ♣ Yogi Organic, Traditional Medicinals, or Light of Day Organic Teas
- ♣ Silk soy milk creamer / organic creamer
- ♣ Kombucha Tea (Gingeraid or Raspberry)
- ♣ Coconut water

Healthy Fats

- ♣ **Carlson's lemon flavored Cod Liver Oil /Super D Cod Liver Oil**
- ♣ **Carlson's lemon flavored CLO Gel Tablets**
- ♣ **Bulk or Bob's Red Mill organic golden or brown flaxseeds**
- ♣ **Nutiva Extra Virgin Organic Coconut Oil**
- ♣ **Nutiva Hemp Seeds**
- ♣ Chia Seeds
- ♣ Evening Primrose Oil
- ♣ Extra Virgin Olive, Avocado, Almond, Macadamia Nut Oil

Snack Foods

- ♣ Kavli, Wasa, Kashi TLC, Ryvita crackers
- ♣ Terra Chips, Kettle Chips, Garden of Eatin Tortilla Chips
- ♣ Cascadian Farms or Polaner organic all fruit spreads
- ♣ Crema Peanut Butter
- ♣ Arrowhead Mills Almond or Peanut Butter
- ♣ Stoneyfield Farms Organic Yogurt

Bread & Buns

- ♣ Rudi's, Alvarado Street Bakery, Ezekiel, Healthy Hemp, Health Seed sprouted bread

Cereal

- ♣ Bulk 100% rolled oats, steel cut oats, millet, amaranth, Cascadian Farms, Kashi, Barbara's, Mother's

Frozen Food

- ♣ Amy's or Kashi frozen meals
- ♣ Van's frozen waffles
- ♣ Alexia all natural waffle fries
- ♣ Vitalchoice.com – Flash Frozen Wild Caught Fish

Sweeteners

- ♣ Organic sugar, honey or molasses, Whole Stevia Leaf, Stevia Plus, Agave Nectar

Food Bars

- ♣ **Raw Revolution**, Organic Food Bars, Kind, PURE, Larabar

Dressings & Condiments

- ♣ Annie's, Cindy's Kitchen, Seeds of Change salad dressings
- ♣ Extra virgin olive oil (with vinegar of choice)
- ♣ Organic ketchup
- ♣ Annie's mustards
- ♣ Earth Balance butter flavored spread
- ♣ Olive Oil Mayo
- ♣ Bragg: Liquid Amino all purpose seasoning (soy sauce alternative), Healthy Vinaigrette
- ♣ Organic ground cinnamon
- ♣ Apple Cider Vinegar (Bragg, Field Day, Tree of Life)

Protein Powders

- ♣ Health Force Warrior Vanilla, Nutiva Hemp Now Pea Protein Powder, Nutribiotic Rice Protein Powder

Misc

- ♣ Muir Glen, Walnut Acres, or Amy's pasta sauces
- ♣ Natural Sea tongal no salt canned tuna
- ♣ Wild Catch canned salmon
- ♣ Applegate Farms deli meat
- ♣ Cage free or organic eggs
- ♣ Pacific organic free range chicken broth
- ♣ Amy's, Muir Glen, and Walnut Acres canned soups
- ♣ Probiotics- (PB8, MegaFlora, Raw, NOW)

Superfoods

- ♣ **Wheatgrass (Dynamic Greens Frozen Ice Cubes)**
- ♣ **Wheatgrass (Pines - Tablets)**
- ♣ **Spirulina/Chlorella**
- ♣ Vitaminal Green 4.8/or capsules (Health Force)

Non-food based items

- ♣ Tom's /Young Living Original Formula Toothpaste
- ♣ Shaving Cream: Alba – Mango Vanilla, Avalon Organics
- ♣ Deodorant: KISS MY FACE – Liquid Rock (Lavender) /Real Purity
- ♣ Skin Moisturizers: Almond Oil (NOW brand)/Avalon Organics/ 7 Wonders Miracle Oil
- ♣ Zum Clean/Frankincense & Myrrh – Aromatherapy laundry soap
- ♣ Mrs. Meyer's Clean Day – liquid dish soap/soaps/cleaning supplies
- ♣ **Foam Roller to aid body alignment (purchase at: www.ontargetliving.com)**
- ♣ SPRI (rubber tubing for strength training)
- ♣ Vibram FiveFinger Shoes

Travel Items

- ♣ Whole fruit / red peppers/sweet potatoes
- ♣ Flaxseed capsules
- ♣ Rolled oats/raisins/slivered almonds/cacao/organic shaved coconut
- ♣ Spirulina/Chlorella tablets
- ♣ Wheatgrass tablets
- ♣ CLO Gel Tabs
- ♣ Organic Food Bar (Raw Revolution/Kind)

