



## DRESSINGS / CONDIMENTS

Primal Foods Dressing  
Tessemæ's Salad Dressing  
Raw Foodz Organic & Vegan Dressing  
Primal Foods Avocado Oil Mayonnaise  
Annie's & Sir Kensingtons Organic Ketchup & Mustard  
McClure's Pickles / Sauerkraut & Blood Mary Mix  
Bubbies Pickles & Sauerkraut  
Eden Organic Apple/Cherry Butter  
Vital Farms Eggs & Butter

## SWEETS / SWEETENERS

Raw Honey, Coconut Sugar, Organic Agave Nectar  
Organic Stevia, Organic Molasses, Organic Cane Sugar  
Droscha Farms Maple Syrup (Found at OTL)  
Giddy Yoyo Cacao/Chocolate Bars  
Woodstock Organic Dark Chocolate Raisins & Almonds  
Nielsen-Massey Madagascar Bourbon Vanilla Extract  
Organic Whipping Cream (Whip with Vanilla Extract)  
Mom Pops (Ice Pops)

## BEAUTY / CLEANING

Soothing Touch Epsom Bath Salts  
South of France Bar Soap  
Nubian Heritage Body Wash  
NOW Natural Moisturizing Almond Oil  
OTL Organic Virgin Coconut Oil  
Earth Science Shampoo & Avocado Deep Conditioning Masque  
Zionhealth Adama Mineral Shampoo  
Acure, Alba & Bulldog Skincare for Men  
Schmidt's Naturals & Herban Cowboy Deodorant  
Alaffia Coconut Reishi Deodorant  
Nature's Gate & Dessert Essence Toothpaste  
Mrs. Myers Cleaning Products & Hand Soap  
Method Dish Soap & Method Laundry Detergent

## EDUCATIONAL RESOURCES

On Target Living Book  
On Target Living Capacity Book  
Target To Table Cookbook  
On Target Living Podcast  
Matt Johnson Performance Podcast  
The On Target Living System  
On Target Living Food Target

## SUPERFOODS

OTL Frozen Wheatgrass Ice Cubes  
OTL Spirulina/Chlorella  
OTL Alaskan Cod Liver Oil  
OTL Organic Virgin Coconut Oil  
OTL Flaxseeds, Chia Seeds & Hemp Seeds  
OTL Cacao Nibs / Giddy Yoyo Cacao Powder & Goji Berries  
Eden Foods Sea Vegetables

## WATER / BEVERAGES

Spring, Artesian, Ionized Water (EC 450 Water Ionizer)  
Badoit, Nateczowianka, Gerolsteiner & San Pellegrino Mineral Water  
Harmless Harvest Organic / Amy & Brian Coconut Water  
MALK, New Barn, Forager & Califia Farms / Homemade Nut Milks  
Organic Valley Half & Half  
Califia Farms Coconut Almond Milk Creamer  
Kilogram Organic Turmeric Tonic Tea  
Numi Organic Moroccan Mint Tea  
Paramount Organic Coffee

## GRAINS

Rudi's Organic, Ezekiel, Alvarado Street Bakery, Dave's Killer Bread  
Angelic Bakehouse Sprouted Bread and Wraps  
Organic Bread of Heaven, Sunfood Coconut Wraps  
Rolled oats, Steel Cut Oats, Oat Groats, Amaranth, Wheatberries,  
Millet, Farro, Frekah, Teff, Quinoa, Buckwheat, Organic  
Unbleached White Whole Wheat Flour  
Purely Elizabeth Granola, Cascadian Farms Organic Cereals, Kashi  
Organic Cereals, Bob's Red Mill Muesli  
Bionaturae Organic Durum Wheat Semolina Flour Pasta, Eden  
Organic Pasta & Tolerant Red Lentil Pasta  
Star Anise Brown Rice Noodles

## FROZEN / CANNED FOODS

Amy's Organic Frozen Meals  
Annie's Homegrown Frozen Meals  
Amy's Frozen Burritos  
Annie's Organic Boxed Mac & Cheese  
Amy's Organic Canned Soup (Lentil & Lentil Vegetable)

## SNACKS

OTL Dried Fruits (Mango, Figs, Raisins)  
OTL Nut Mixes (Macadamia, Almonds, Brazil Nuts)  
Raw Revolution, LARA & That's It Bars  
Torres Black Truffle Potato Chips  
Boulder Canyon Potato Chips  
Good Health Avocado Oil Potato Chips  
Forager Organic Vegetable Chips  
Kii Naturals Organic Artisan Crisps  
Mary's Gone Crackers  
Annie's Organic Cheddar Bunnies  
PB Love Co. Nut Butters  
Siggi's Icelandic Skyr Yogurt

MORE RESOURCES / PRODUCTS CAN BE FOUND AT [SHOP.ONTARGETLIVING.COM](http://SHOP.ONTARGETLIVING.COM)

**TIP:** Ingredients are the number one indicator of quality. When buying a product, less ingredients are best and make sure you can recognize/pronounce all ingredients. When buying organic, start with animal products, produce where you eat the skin, and coffee/tea. Always choose wild-caught fish when possible.