



## Pura Vida Foodology Planet-wide

Dr. AvatarNirvana Perez - Foodologist - NP MD PhD

Ensenada | Baja California | Mexico | Costa Rica | Philippines | Thailand | Africa | New Zealand

### GRAINS DAIRY MEATS

We make most foods from whole foods we grow in our garden, however, sometimes we purchase products at the store. With the ever growing number of allegedly “healthy” products and brands with very little corporate responsibility it can be overwhelming trying to figure out what all this information on labels mean and sometimes you just need a loaf of bread. These are products we have purchased and the last time we looked these companies were creating acceptable food products. Some food products are better than others and ingredients change frequently. For example, we've bought Tofurky since the 1980s and it has been a reliable brand until recently when they stopped using Organic GMO free tofu in favor of much cheaper and highly toxic “vital wheat gluten.” Also noticed their prices went up even though they are now selling a cheaper made toxic carcinogen...

When you're thinking about stocking your shelves these are food products we use:

#### GLUTEN-FREE BREADS

When there's no time to bake your own check out [Shar](#) and [Canyon Creek Bakehouse](#)

[10 Grain Sandwich Bread](#)  
[Bagels](#)  
[Ciabatta Rolls](#)  
[Deli Style Sourdough](#)  
[English Muffins](#)  
[Focaccia with Rosemary](#)

[French Baguette](#)  
[Hamburger Buns](#)  
[Hawaiian Sweet Bread](#)  
[Hot Dog Buns](#)  
[Multigrain Bread](#)  
[Mini Baguette](#)

[Panini Rolls](#)  
[Pizza Dough](#)  
[Sandwich Rolls](#)  
[Spinach Tortillas](#)  
[White Bread](#)  
[Wraps](#)

#### GLUTEN-FREE PASTAS

Check out [Taste Republic](#) & [Lotus Foods](#) Brands & remember Fresh Is Best!!!

[Black Bean Fettuccini](#)  
[Edamame Spaghetti](#)  
[Elbows or Elbows](#)  
[Fettuccini](#)  
[Also Fettuccini](#)  
[Lasagna or Lasagna](#)

[Linguine](#)  
[Pad Thai Noodles](#)  
[Penne or Penne](#)  
[Pho Noodles](#)  
[Ramen Noodles Black Rice](#)  
[Ramen Noodles Lotus](#)

[Ramen Noodles Millet](#)  
[Rotini or Rotini](#)  
[Soba Noodles](#)  
[Spaghetti or Spaghetti](#)  
[Udon Noodles](#)

#### NUT BUTTERS / SEED BUTTERS

With a good grinder and a reliable source of Organic Raw Nuts & Seeds making your own butters ALWAYS gets you the best results. In the mean time these are the butters we use the most and you'll see in our recipes:

Almond Butter  
Macadamia Nut Butter

Peanut Butter (legume)  
Sunflower Seed Butter

Tahini (lots and lots)

#### PLANT-BASED MILK / BUTTER / CHEESE

Silk, EdenSoy, WestSoy, Vital Farms and ViOLife are only a few of the many commercially available certified Organic & GMO free plant-dairy products. When we are reading ingredient lists for plant-dairy products we want products where the principal ingredients



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### **PLANT-BASED MILK / BUTTER / CHEESE continued...**

are minimally processed Organic whole foods like coconut, almond and soy as well as an acid like vinegar, lemon juice, kefir or live cultures. Here are some of our favorites:

[Almond Milk](#)

[Aged Cheddar Slices](#)

[Butter Sticks](#)

[Cheddar Farmhouse Chunks](#)

[Cheddar Shreds](#)

[More Cheddar Shreds](#)

[Cheddar Slices](#)

[Coconut Cream](#)

[Coconut Milk](#)

[Cream Cheese](#)

[More Cream Cheese](#)

[Dark Chocolate Silk](#)

[European Almond Milk Butter](#)

[European Style Cultured Butter](#)

[European Style Butter Unsalted](#)

[Feta Block](#)

[Feta Crumbles](#)

[Mozzarella Block](#)

[Mozzarella Shreds](#)

[More Mozzarella Shreds](#)

[Oat Milk](#)

[Parmesan Block](#)

[Parmesan Shredded](#)

[Smoked Gouda](#)

[Smoked Gouda Slices](#)

[Soy Milk](#)

### **PREPARED PLANT-BASED “MEATS”**

For when you absolutely want something that has the texture and flavor of meat products you're probably already familiar with:

[Applewood Smoked Ham](#)

[Bacon or Bacon](#)

[Burgers](#)

[Chipotle Chili Deli Slices](#)

[Ground “Beef”](#)

[More Ground “Beef”](#)

[Hot Dogs or Hot Dogs](#)

[Oven Roasted Turkey](#)

[Pepperoni](#)

[Sausage or Sausage](#)

[Sausage Patties](#)

[Smokehouse Deli Slices](#)

[Summer Ham](#)

[Tuscan Deli Slices](#)

[Wild Truffle Deli Slices](#)

*May your life be full of great joy with the health and abundance to enjoy it.*

*Dr. Ava Perez*