



Pura Vida Foodology Planet-wide

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

SNACKS BEVERAGES & EXTRAS

SNACK PRODUCTS

Snack Products should make up less than 1% of what you stick in your mouth everyday. There are many gluten-free healthy-ish Snack Products available for retail purchase that come in handy on busy days. Of course, we prefer to make sweet and savory portable snacks from our garden that we portion, label and stock in the refrigerator. This empowers everyone to help themselves to a healthy nutrient dense flavorful snack whenever they feel hungry. Here are some of the Snack Products we sometimes buy:

Blueberry Fig Bars	Fire-Roasted Veggie Pizza	Orange Cranberry Bars
Blue Corn Chips	Jalapeño & Lime Crackers	Popcorn assorted flavors
Bunny Grahams	Lemon Blueberry Bars	Pretzel Sticks
Cheese Pizza	like a Mounds candy bar	Raspberry Fig Bars
Chewy Granola Bars	like Cheerios cereal	Sea Salt Crackers
Chocolate Chip Breakfast Ovals	like Skittles	Seaweed Snack
Chocolate Chip Cookies	Lolipops	Snickerdoodles
Chocolate Peanut Butter Bars	Mac & Cheese frozen	Table Crackers
Churro Strips	Mega Omega Trail-Mix	Vanilla Bean Cookies
Cinnabunnies Cereal	Multi-Seed Crackers	Veggie Straws
Double Chocolate Brownie	Oatgurt	
Enchiladas (frozen)	Oats & Honey Bars	

BEVERAGE PRODUCTS

We prefer to make Kefir, Kombucha, Tepache, Whole Fruit Smoothies, Natural Whole Fruit Sodas and Probiotic Beverages at home because it's so easy and you get such a better product. When we "need" to buy a Beverage Product these ones are reliable:

Blue Machine	Kombucha Pineapple	Smoothie To Go
Green Machine	Kombucha Trilogy	Sparkling Juice
Kefir from Soy, Coconut or Q-Milk	Rainbow Machine	Sparkling Probiotic Juice
Kombucha Gingerberry	Raw Kombucha	Whole Plant Juice
Kombucha Guava Goddess	Red Machine	

EXTRA PRODUCTS WE FIND USEFUL

This is a constantly growing list full of small appliances, ingredients, health aides and products we use a lot in the kitchen / laboratory. You'll see them referenced in our recipes:

Agar Agar	Instant Coffee or Organic Chicory	Produce Bags
Air Fryer	Instant Yeast	Rubber Spatula (love mine!)
Chalkboard Labels	Instapot	Salsa Casera
Cheese Cloth	Liquid Chlorophyll	Spice Grinder
Condiment Squeeze Bottles	Masking Tape	Stackable Storage
Cutco Knives	Modified Tapioca Starch	Containers
Emulsion Blender	Mortar & Pestle	Vitamix or other Blender
Guar Gum	Papaya Enzymes	Xanthum Gum
Ice Cream Maker	Permanent Marker	

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

Dr. Ava Perez