



Join us at www.Engine2Diet.com where you'll find hundreds of recipes, helpful tips and a community of E2ers to support you on your plant-strong journey.

28 DAY TOOLBOX: Engine 2 Diet Approved Foods

Cooking Oil Substitute

Use spray dispenser to minimize use.

Breads

Bagels/Buns

Alvarado St. Bakery

Bread

Ezekiel

Great Harvest Bread Company: Honey

Whole Wheat

Pita Bread

Aladdin's Pocket Pita Bread

Food for Life

Garden of Eatin'

Phoenician Bakery and Deli: Whole Wheat Pita Bread

Tortillas

Lahvash Fat Free Authentic Wraps

Pancake Mixes

Arrowhead Mills: Multigrain, Blue Corn, Buckwheat, Oat-Bran

Cereals

Arrowhead Mill's Puffed Millet

Arrowhead Mill's Puffed Wheat

Bob's Red Mill 10 Grain Hot Cereal

Bob's Red Mill Malt-O-Meal

Bob's Red Mill Oat Bran Hot Cereal

Bob's Red Mill Creamy Wheat Hot Cereal

Bob's Red Mill 8 Grain (Wheat-less) Hot

Cereal

Bob's Red Mill 10 Grain Hot Cereal

Bob's Red Mill Creamy Rice Hot Cereal

Barbara's Shredded Wheat

Bite Size Shredded Wheat

Cascadian Farms Purely O's

Cascadian Farms Raisin Bran

Erewhon Raisin Bran

Ezekiel 4:9 Sprouted Whole Grain Cereals:

Original, Almond

Familia Muesli

Grainfield's Multigrain flakes

Grainfield's Whole Grain Raisin Bran

Grape Nuts (NOT Grape Nut Flakes)

Heritage Heirloom Whole Grain Flakes

Kashi 7 Whole Grain Nuggets

Kashi Whole Grain Flakes

Kashi Whole Grain Honey Puffs

Nature's Path Millet Rice Oat-Bran Flakes

Old Fashioned Oats

Shredded Wheat and Bran

Uncle Sam: Original, Berries

Pasta Sauce

Muir Glen: Mushroom Marinara, Portobello Marinara

Whole Foods Plain Tomato Sauce (canned)

Whole Grain Pasta

Eden Organics: Udon, wheat/rice,

buckwheat soba noodles, mugwort soba

Deboles

Hodgkin Mills

Lindburg

OrzoPutney Farms: Butternut Squash/Black

Bean Ravioli

Rising Moon: Garlic and Basil Gnocchi

Vita Spelt



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Pizza Crust

Food for Life
Garden of Eatin'
Kabuli Whole-Wheat Pizza Crust
Nature's Hi-lights, Brown Rice Pizza Crust
Phoenician bakery
Pita bread

Soups

Health Valley: Mild Three Bean Chili, Spicy Black Bean Chili
Imagine Natural Creations
Pacific Natural Foods
Shari's Bistro: Tomato with Roasted Garlic, Spicy French Green Lentil Soup

Whole Grains

Barley
Brown/Wild Rice
Kamut
Millet
Quinoa
Oats
Rye
Spelt
Wheat
Whole Wheat Couscous

Condiments

Balsamic Vinegar
Braggs Liquid Amino Acids
Brown/Raw sugar
Heinz/ Muir Glen Ketchup
Honey
Low Sodium Soy Sauce
Low Sodium Tamari
Mustard: Yellow, Dijon, Spicy
Red Wine Vinegar
Rice Vinegar

Spices

Basil
Cayenne pepper
Chili powder
Cracked pepper
Crushed red pepper flakes
Cumin
Curry powder
Garlic powder
Mrs. Dash
Onion Powder
Oregano
Paprika
Rosemary
Sage
Thyme
Tony Chachere's Salt-Free Creole Seasoning

Crackers

Wasa Crackers: Light rye, Multi-grain, Sourdough rye
Kawli: Golden Rye, Crispy Thin, 5 Grain
Ryvita: Dark rye, rye and oat bran, fruit crunch, and light rye
Hol-Grain crackers: brown rice
Manischewitz crackers: thin tea matzos
Edward and Sons Brown Rice snaps: vegetable, black sesame, tamari sesame, and tamari seaweed (read ingredients because some add oil)
San-J cracker snaps: tamari rice, sesame brown rice