



Join us at Engine2Academy.com where you'll find hundreds of recipes, helpful tips and people waiting to support you in your journey to weight loss and perfect health.

E2 Approved Foods

Cooking Oil Substitute

Fat-free skillet spray: PAM

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

Wild Oats Organic Tortillas:

Whole Wheat/Corn

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 Ce-
real

Barbara's Shredded Wheat

Bite Size Shredded What

Cascadian Farms Purely O's

Cascadian Farms Raisin Bran

Erewhon Raisin Bran

Ezekiel 4:9 Sprouted Whole Grain Ce-
reals: 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, Por-
tobello Marinara

Whole Foods Plain Tomato Sauce
(canned)



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Whole Grain Pastas

Eden Organics: Udon, wheat/rice, buck-wheat soba noodles, mugwort soba
Deboles
Hodgkin Mills
Lindburg
Orzo
Putney Farms: Butternut Squash/Black Bean Ravioli
Rising Moon: Garlic and Basil Gnocchi
Vita Spelt

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

Agave nectar
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 Creole Seasoning



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E2 Approved Foods

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 come in brown rice.

Manischewitz crackers come in thin tea matzos.

Edward and Sons Brown Rice snaps come in a variety of flavors; vegetable, black sesame, tamari sesame, and tamari seaweed but read ingredients because some add oil.

San-J cracker snaps come in tamari rice, sesame brown rice, and black sesame.

AVOID

Whole Foods 365 brand 40% fat from safflower oil.

Lundberg Rice Cakes.