

## Dr. Smith's Gluten-Free/Dairy-Free Recommendations

<p><b>Outside The Breadbox Vegan Oat Bagels</b></p> <ul style="list-style-type: none"> <li>• Non-GMO, Gluten-free, Dairy-free, Soy-free, Egg-free, Nut-free, Vegan</li> <li>• Natural Grocers, <a href="http://outsidethebreadbox.com">outsidethebreadbox.com</a>, Plant OKC</li> </ul>	
<p><b>Mission Almond/Cauliflower Tortillas</b></p> <ul style="list-style-type: none"> <li>• Vegan, Gluten-free</li> <li>• Walmart, Target, Amazon, Sprouts</li> </ul>	
<p><b>Siete Almond and Cassava Tortillas</b></p> <ul style="list-style-type: none"> <li>• Paleo, Non-GMO, Gluten-free, Dairy-free, Soy-free, Grain-free</li> <li>• Also comes in chips! (Lime, Ranch, Nacho, Sea Salt and Vinegar)</li> <li>• Walmart, Target, Whole Foods</li> </ul>	

### Bread Srsly Sourdough

- Vegan, Low-fat, Gluten-free, Dairy-free
- Plant OKC, breadsrsly.com



### BFree High Protein Carb Friendly Wraps & Pita Wraps

- Wheat-free, Dairy-free, Egg-free, Nut-free, Soy-free, Non-GMO, Vegan, Gluten-free
- Walmart, Amazon, Sprouts, bfreefoods.com



### Kite Hill Sour Cream Alternative Dairy Free Almond and Coconut Based

- Non-GMO, Dairy-free
- Whole foods, Sprouts, Walmart, kite-hill.com



### Credo Plant-Based Dips

- Gluten-free, Dairy-free, Soy-free, Non-GMO
- Dip flavors: cashew queso, spicy cashew queso, ranch, french onion, creamy jalapeno, cream cheese chive and onion cream cheese, strawberry cream cheese, plain cream cheese
- HEB, Whole foods, Amazon, credofoods.com



### Forager Organic Dairy Free Protein Yogurt

- Dairy-free, Non-GMO
- Walmart, Whole foods, Amazon, HEB, Sprouts



### Daiya Cheddar Style Slices/Shreds

- Dairy-free, Soy-free, Gluten-free, Non-GMO
- Walmart, Target, Amazon, Whole foods, Sprouts, daiyafoods.com



### Silk Dairy-Free Yogurt Alternative

- Gluten-free, Dairy-free, Non-GMO, Vegan
- Target, Walmart, Amazon, Whole foods, Sprouts



### Califia Farms Almond Milk Creamer

- Gluten-free, Vegan, Non-GMO, Plant-based
- Walmart, Target, Amazon, Sprouts



### Owyn Protein Shakes/Cold Brew Coffee

- BPA-free, Vegan, Gluten-free, Non-GMO
- The Vitamin Shoppe, Walmart, Amazon, Target
- Flavors: chocolate, vanilla, coffee, cold brew, cookies & cream



\*35g shake is very thick!

### Larabar

- Plant-based, Gluten-free, Dairy-free, Vegan, Non-GMO
- Walmart, Target, Amazon, Whole foods
- Flavors: coconut chocolate chip, chocolate chip cookie dough, apple pie, cherry pie, cashew cookie, blueberry muffin, lemon, & peanut butter cookie



### Wilde Protein Chips

- Gluten-free, Grain-free, Low-carb, Keto friendly
- Wildebrands.com, Target, Amazon, Costco



### No Cow Bars

- Gluten-free, Non-GMO, Keto friendly, Vegan, Soy-free
- The Vitamin Shoppe, Walmart, Amazon, nocow.com, Whole Foods
- Tons of flavors!
  - Dipped, Lemon, Coconut, PB Chocolate & More!



