

Whole Foods Shopping List

This list includes foods that fit the JumpstartMD program. Some items may vary in availability, and other suitable options may also exist. Vegan-friendly products are marked with a (V). If you haven't yet reviewed the Box Tracking System (covered at Visit 3), ignore the Protein (Pro), Carbohydrate (Carb), and Healthy Fat (Fat) labels and below descriptor for now.

If you prefer a more detailed tracking approach, your JumpstartMD Clinician or Health Coach can help tailor a plan. You can also ask Rumi questions about tracking, nutrition content and more on the JumpstartMD App. Most members achieve strong results using this simplified, easy-to-follow system.

How to Track Macronutrient Boxes

Use nutrition labels and the JumpstartMD box counting system to track servings of Protein, Carbohydrate, and Healthy Fat. Each box equals approximately:

- » **10 grams** of protein, carbs, or fat per one box
- » **5 grams** of protein, carbs, or fat per half box

To determine total boxes of a given macronutrient, round up or down to the nearest 5 or 10 gram increment.

Many foods tracked as protein (like meat, seafood, eggs, and dairy) may also contain fat or carbs. Similarly, foods tracked as healthy fats (like nuts, seeds, and avocado) often contain some protein or carbs. To keep things simple:

- » **Only track carbs** from approved fruits and vegetables
- » **Only track fats** from listed "Healthy Added Fats" (e.g., oils, butter, cream, nuts, seeds, avocado)

MEAT/ SEAFOOD			Box Count		
Product	Brand	Serving	PRO	CARB	FAT
Beef Flank Steak	Whole Foods Meats	3 oz	2	0	0
Beef Ribeye Steak	Whole Foods Meats	3 oz	2	0	0
Ground Beef	Country Natural Beef	3 oz	2	0	0
Ground Beef Patties 80% Lean / 20% Fat	Whole Foods Meats	3 oz	2	0	0
Organic Boneless Beef Ribeye Steak	Whole Foods Meats	3 oz	2	0	0
Organic Ground Beef 85% Lean / 15% Fat	Whole Foods Meats	3 oz	2	0	0
Boneless Skinless Chicken Breast Tenderloins	365 By Whole Foods	3 oz	2	0	0
Organic Boneless Skinless Chicken Thighs	Marys Chicken	3 oz	2	0	0
Organic Whole Chicken	Marys Chicken	3 oz	2	0	0
Organic Whole Chicken Legs	Whole Foods Meats	3 oz	2	0	0
Bone In Pork Loin Chops	Whole Foods Meats	3 oz	2	0	0
Organic Ground Pork	Whole Foods Meats	3 oz	2	0	0
Pork Baby Back Ribs	Whole Foods Meats	3 oz	2	0	0
Organic Ground Turkey	Marys Free Range	3 oz	2	0	0
Atlantic Cod Fillet	Whole Foods Seafood	3 oz	2	0	0
Chilean Sea Bass Fillet	Whole Foods Seafood	3 oz	2	0	0
King Salmon Fillet	Whole Foods Seafood	3 oz	2	0	0

Product	Brand	Serving	PRO	CARB	FAT
Sockeye Salmon Fillet	Whole Foods Seafood	3 oz	2	0	0

Please see "Protein" in your QuickStart Guide for additional protein options!

DAIRY

Grassfed Dubliner Irish (Cheddar) Cheese	Kerrygold	1.5 oz	1	0	0
Cage Free Hard cooked Peeled Egg	365 By Whole Foods	2egg	1	0	0
Crumbled Feta Cheese	365 By Whole Foods	1.5 oz	1	0	0
English Cheddar	Seaside	1.5 oz	1	0	0
Halloumi Aphrodite	Will Studd	1.5 oz	1	0	0
Hard Boiled Pasture Raised Egg	Vital Farms	2 egg	1	0	0
Mild Cheddar Cheese Stick	365 By Whole Foods	1stick	0.5	0	0
Mozzarella Di Bufala, 4.4 oz	BUF Creamery	1 ball	1	0	0
Mozzarella String Cheese	365 By Whole Foods	1stick	0.5	0	0
Organic Blue Cheese Crumble	365 By Whole Foods	1 oz	1	0	0
Organic Cottage cheese	365 By Whole Foods	1/3 cup	1	0	0
Organic Cottage Cheese	Good Culture	1/3 cup	1	0	0
Organic Goat Feta	Kourellas	1.5 oz	0	0	0
Organic Gorgonzola Cheese Crumbles	365 By Whole Foods	1.5 oz	1	0	0
Organic Greek Yogurt	365 By Whole Foods	3/4 cup	1.5	0	0
Organic Lactose Free Cottage Cheese	Green Valley Creamery	1/3 cup	1	0	0
Organic Plain Greek Yogurt	Stonyfield	3/4 cup	1.5	0	0
Organic Whole Milk Bulgarian Yogurt	White Mountain	1 cup	1	0	0
Organic Yogurt Probiotic Stonyfield	Stonyfield	3/4 cup	1	1	0
Plain Sheep Milk Yogurt	Bellwether Farms	3/4 cup	1	0	0
Probiotic Coconut Yogurt	The Coconut Cult	2 tbsp	0	0	0
Raw Goat Milk Cheddar	Laclare Farm	1.5 oz	1	0	0
Shredded Mexican Blend	365 By Whole Foods	1.5 oz	1	0	0
Sliced Goat Milk Cheese	365 By Whole Foods	1Slice	0.5	0	0
Swiss Cheese	365 By Whole Foods	1 slice	0.5	0	0
Total Plain Greek Yogurt, 5%	FAGE	3/4 cup	1.5	0	0
Whole Milk Ricotta Cheese	365 By Whole Foods	2 oz	0.5	0	0

If "dairy free" check out the "Vegetarian / Vegan" section for dairy free alternatives!

Product	Brand	Serving	PRO	CARB	FAT
PRODUCE					
Broccoli Florets	365 By Whole Foods	1 cup	0	1	0
Organic Avocado Hass	Covilli	½ cup	0	0	1
Organic Baby Arugula	365 By Whole Foods	Free	0	0	0
Organic Baby Bella Mushrooms (Raw)	365 By Whole Foods	Free	0	0	0
Organic Baby Bok Choy	Whole Foods Produce	Free	0	0	0
Blackberries	Driscoll's	½ cup	0	1	0
Organic Blackberries	Whole Foods Produce	½ cup	0	1	0
Blueberries	Driscoll's	½ cup	0	1	0
Organic Blueberries	Whole Foods Produce	½ cup	0	1	0
Organic Brussels Sprouts	Covilli	1 cup	0	1	0
Organic Cauliflower Florets	365 Whole Food	1 cup	0	1	0
Organic Celery Heart	Whole Foods Produce	Free	0	0	0
Organic Grape Tomatoes	Sunripe Certified	1 cup	0	1	0
Organic Raspberries	Driscoll's	½ cup	0	1	0
Organic Red Bell Pepper	Whole Tread	1 cup	0	1	0
Organic Red Butter Lettuce	Go Green Agriculture	Free	0	0	0
Organic Red Kale	Whole Foods Produce	1 cup	0	1	0
Organic Yellow Squash	Whole Foods Produce	1 cup	0	1	0
Organic Zucchini Squash	Whole Foods Produce	1 cup	0	1	0
Persian Cucumbers	Dassi Family Farm	1 cup	0	1	0

See additional produce options in the QuickStart Guide!

HEALTHY FATS

Artisan Almond Milk Ricotta (V)	Kite Hill	¼ cup	0	0	2
Avocado Oil	365 Whole Foods	1 tbsp	0	0	1
Avocado Oil Mayo	Chosen Food	1 tbsp	0	0	0
Chive Cream Cheese Style (V)	Kite Hill	2 tbsp	0	0	1
Cream Cheese	Organic Valley	2 tbsp	0	0	1
Creamy Raw Almond Butter	Maranatha	1 tbsp	0	0	1
Creme Fraiche French	Vermont creamery	1 oz	0	0	1
Crunchy Peanut Butter	365 Whole Foods	1 tbsp	0	0	1
Duck Fat	Epic	1 tbsp	0	0	2
Grassfed Pure Irish Butter	Kerrygold	1 tbsp	0	0	1

Product	Brand	Serving	PRO	CARB	FAT
Just Like Original Cream Cheese (V)	Violife	1 tbsp	0	0	1
Lactose Free Half & Half	Organic Valley	2 tbsp	0	0	0
Mascarpone	Traditional	2 tbsp	0	0	2
Organic Almond Butter Smooth	Maisie Janes	1 tbsp	0	0	1
Organic Cashew Milk Mozzarella Cheese (V)	Miyoko's Creamery	1 oz	0	0	0
Organic Cream Cheese	365 Whole Foods	1 oz	0	0	1
Organic Half & Half	Organic Valley	2 tbsp	0	0	0
Organic Heavy Cream	365 Whole Foods	1 tbsp	0	0	1
Organic Heavy Whipping Cream	Horizon	1 tbsp	0	0	0
Organic Lactose Free Cream Cheese	Green Valley Creamery	2 tbsp	0	0	1
Organic Mayonnaise	365 Whole Foods	1 tbsp	0	0	0
Organic Purity Farms Ghee	Organic Valley	1 tbsp	0	0	1
Organic Sour Cream	365 Whole Foods	2 tbsp	0	0	0
Organic Tahini (V)	365 Whole Foods	2 tbsp	0	0	2
Organic Whipped Cream Cheese	365 Whole Foods	2 tbsp	0	0	1
Plain Cream Cheese Style (V)	Kite Hill	2 tbsp	0	0	1
Plant Base Herb Garlic French Style Cheese (V)	Treeline	1 oz	0	0	1
Power Fuel -7 Nut and Seed Butter	Nuttzo	1 tbsp	0	0	1
Salted Butter	365 Whole Foods	1 tbsp	0	0	1
Sour Cream- Almond & Coconut Base (V)	Kite Hill	2 tbsp	0	0	0
Traditional Guacamole Single	365 Whole Foods	1 cup	0	0	1
Unsweetened Plain Almond Yogurt (V)	Kite Hill	¾ cup	0	1	1
Vanilla Unsweetened Greek Style Almond Yogurt	Kite Hill	½ cup	2	0	0

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VEGAN & VEGETARIAN

Bacon Seitan	Upton's Naturals	2 oz	1.5	0	0
Beefless Ground	Gardein	¾ cup	1.5	0	0
Beyond Sausage Plant Based	Beyond Meat	1 link	1.5	0	1.5
Boiled Soybeans Edamame	Kikka	½ cup	1	0	0
Chorizo Seitan	Upton's Naturals	2 oz	1.5	0.5	0
Chorizo Tuna	Wild Planet	3 oz	2	0	0
Just Egg Folded (plant based)	Justin's	1 piece	0.5	0	0

Product	Brand	Serving	PRO	CARB	FAT
Garlic Rosemary Italian Snacking Lupini Beans (V)	Brami	25 beans	1	0	0
Moringa Leaf Powder (V)	Kuli Kuli	1 tbsp	0	0	0
Organic Extra Firm Tofu (V)	Wildwood	3.5 oz	1	0	0
Organic Golden Milk Super Blend	Sunfood	1 tsp	0	0	0
Organic Tempeh (V)	Lightlife	2 oz	1	0	0
Plant Based Tzatziki Dip	Kite Hill	2 tbsp	0	0	0
Plant Based Burger Patties	Beyond Meat	1 patty	2.5	1	0
Plant Based Fish Burger	Good Catch	1 burger	2.5	1	0
Sport Protein Chocolate Packet	Vega	1 pack	3	0	0
Unsweetened Grain Free Cereal	Three wishes Cereal	1.5 oz	1	0	0
Vanilla Flavor Sport Performance Protein Powder	Vega	1 tbsp	3	0	0
Vanilla Raw Organic Protein Powder	Garden of Life	1 tbsp	2	0	0

See other categories for more Vegan / Vegetarian options & "Beverages" for vegan protein powders and drinks!

FROZEN PREPARED MEALS

Beyond Meatball Italian Style (V)	Beyond Meat	5 pieces	4.5	2	0
Cookout Classic Plant-Based Burger Patties (V)	Beyond Meat	1 burger	2	0	0
Falafel (V)	Eatgud	1 oz	1	1	0
Fettuccine Almond Flour Pasta	Cappello's	1 cup	1	3.5	2
Five Cheese Ravioli Almond Flour Pasta	Cappello's	5 oz	2	3	2
Frozen Cauliflower Crust Pizza, Cheese	365 Whole Foods	1/3 pizza	4	5	3.5
Gluten-Free Cheese Bread, 3 Cheese Pizza	Brazi Bites	3 pieces	1	2	1
Meatless Plant-Based Meatballs (V)	365 Whole Foods	6 Pieces	2	1	0
Organic Beef Burger	Eel River	4 oz	2.5	0	0
Organic Hickory Smoked Uncured Turkey Bacon	Applegate	1 oz	1	0	0
Organic Southwest Plant Taco Meatless (V)	Plant Boss	1/3 cup	2	1	0
Organic Turkey Burgers	Applegate	1 burger	2	1	0
Perfect Burgers (V)	Dr. Praeger's	1 burger	2	1	0
Plant-Based Chopped Chick'n (V)	Abbots	1/2 cup	2	1	0
Savory Chicken Breakfast Sausage	365 Whole Foods	3 links	1	0	0
Smoked Garlic Pepper Chicken Breast	Smokehouse	3 oz	2	0	0
Spinach & Cheese Ravioli Almond Flour	Cappello's	3 Raviolis	3.5	6.5	4.5
Spinach, Basil & Feta Egg White Bites	Whole Foods Market	2 egg bites	2	0.5	0.5

Product	Brand	Serving	PRO	CARB	FAT
Super Greens Veggie Burgers (V)	Dr. Praeger's	1 burger	1	1	0
Wild Caught Shrimp Burger	365 Whole Foods	1 burger	2	0.5	0
GRAB& GO/ FRESH PREPARED MEALS					
Black Forest Uncured Ham	Applegate	2 slices	2	0	0
Broccoli Stir Fry	Whole Foods Market	1 cup	0	0.5	0
Carne Asada With Jalapeno Chimichurri	Whole Foods Market	3 oz	2	0	0
Chicken Breast Grilled Paleo	Whole Foods Market	3 oz	2	0	0
Chicken Breast Chimichurri & Hummus	Positive Food Co	1 container	3.5	2.5	1.5
Duck Mousse	Fabrique Delices	2 oz	0.5	0	0
House Santa Maria Turkey	Prepared Foods	3 oz	2	0	0
Italian Wedding Soup (2 g Sugar)	Whole Foods Market	1 cup	0.5	1	1
Lemon Rosemary Chicken Breast	Whole Foods Market	3 oz	2	0	0
Mexican Pork Chorizo	Silva Sausage	2 oz	1	0	0
Mild Spinach & Feta Chicken Sausage	Applegate	1 link	1.5	0	0
Mindful Chik'n Strip (v)	Sweet Earth	3/4 cup	2	0.5	0.5
Mom's Chicken Soup	Whole Foods Market	1 cup	1	0.5	0
Natural Uncured Turkey Pepperoni	Applegate	17 slices	1	0	0
Norwegian Classic Roasted Smoked Salmon	Changing Seas	2 oz	2	0	0
Organic Grilled Chicken Breast Strips	Whole Foods Market	3 oz	2	0	0
Organic Chicken Breast Grilled Paleo	365 Whole Foods	3 oz	2	0	0
Organic Fresh Rotisserie Chicken	Whole Foods Market	3 oz	2	0	0
Organic Mild Italian Chicken Sausage	Whole Foods Market	1 link	1.5	0	0
Organic Pate De Campagne	Trois Petits	2 oz	1.5	0	0
Organic Smoked Chicken Breast Sliced	Applegate	3 slices	1	0	0
Organic Wild Mushroom Chicken Sausage	Bilinskis	1 link	1.5	0	0
Paleo Friendly Grilled Salmon	Whole Foods Market	3 oz	2	0	0
Paleo Friendly Salmon	Whole Foods Market	3 oz	2	0	0
Pork Rillettes Pate	Fabrique Delices	2 oz	1	0	0
Prosciutto	Naturalissima	2 slices	0.5	0	0
Prosciutto Di San Daniele	Principe Di San Daniele	2 slices	0.5	0	0
Pulled Rotisserie Chicken	Prepared Foods	3 oz	2	0	0
Salami Minis With Cheese	Creminelli	1 oz	1	0	0

Product	Brand	Serving	PRO	CARB	FAT
Sliced Mortadella	Principe	5 slices	1	0	0
Sliced Oven Roasted Chicken	365 Whole Foods	4 slices	1.5	0	0
Sliced Prosciutto and Mozzarella	Creminelli Fine Meat	2 oz	1.5	0	0
Sliced Toscano Salami	Gusto	1 oz	1	0	0
Smoked Paprika Chorizo	Gusto	1 oz	1	0	0
Smoked Rainbow Trout	Cole	2 oz	1.5	0	0
Smoked Whitefish Chunk	Blue Hill bay	2 oz	1.5	0	0
Sugar Free Oven Roasted Turkey Breast	Diessel Turkey Ranch	2 oz	2	0	0
Toscano Salami	Gusto	3 oz	2	0	0
Uncured Pork Pepperoni	Applegate	15 slices	1	0	0
Wild Petite Sardines Extra Virgin Olive Oil,	Bar Harbor	1 Can	2	0	1

GRAB AND GO SALADS

Classic Chicken Salad	Whole Foods Market	4 oz	2.5	0	0
Classic Egg Salad (2g Sugar)	Whole Foods Market	4 oz	2.5	0	0
Classic Tuna Salad	Whole Foods Market	4 oz	2.4	0	0
Herb Chicken Green Goddess (3g Sugar)	Positive Food Co	1 container	3	2	2
Organic Chinese Grilled Chicken (3g Sugar)	Organic Coup	3.5 oz	1	1.5	0.5
Organic Grilled Chicken Caesar Salad (2g Sugar)	Organic Coup	4 oz	1.5	1	1.5
Organic Rainbow Salad (V) (4g Sugar)	Urban Remedy	1 bowl	0.5	1.5	2.5
Pacific Salad Roll (2 g Sugar)	Kikka Shushi	6 oz	1	1.5	1.5

LOW CARB ALTERNATIVES

Angle Hair Ready Noodle	Miracle noodle	3 oz	0	0.5	0
Angle Hair Shirataki Noddle	Miracle noodle	3 oz	0	0.5	0
Fettuccini	Miracle noodle	3 oz	0	0.5	0
Heart of Palm Linguine	Whole Foods Market	1/2 cup	0	0.5	0
Kelp Noodles	Kelp Noodle	4 oz	0	0.5	0
Mild White Kimchi Napa Cabbage	Gourmet	2 tbsp	0	0	0
Organic Riced Cauliflower	365 Whole Foods	3/4 cup	0	0.5	0
Organic Riced Cauliflower Blend	Cascadian Farm	3/4 cup	0	0.5	0
Organic Spaghetti Style Noodle	Miracle Noodle	3 oz	0	0.5	0
Organic Zucchini Noddled	Cece's Veggie Co	3 oz	0	0.5	0
Shirataki White Yam Noddle	House Foods	1 pack	0	0.5	0
Everything Bagel white wraps	Egglife	1 wrap	0.5	0	0

Product	Brand	Serving	PRO	CARB	FAT
Grain Free Chickpea flour Tortilla (V)	Siete	2 tortillas	0.5	2.5	0.5
Keto Bread-Base Culture	Base Culture	1 slice	0	1	0
Organic Petite egg wraps with cluliflower	Crepini	1 wrap	0	0	0
Original Cauliflower Sandwich	Outer Aisle Gourmet	1 slice	0.5	0.5	0.5
Original Egg white Wraps	Egglife	1 wrap	0.5	0	0
UNbread	Unbun	1 slice	0.5	0.5	0.5

SNACKS

Cayanee Raw Hummus	Majestic Garlic	1 tbsp	0	0	0
Cheddar Crisps Crackers	Parm Crisps	1 oz	0.5	0	0
Chicken Pizza Mini Meat Sticks	The New Primal	2 sticks	1	0	0
Chicken Sriracha Bar	Epic Provisions	1 bar	1	0	0
Chipotle (V)	Bitchin Sauce	2 tbsp	0	0	1
Everything Cheese Crisps Crackers	Perfectly Crisps Bakery	3/4 cup	1	0	0
Four Cheese Crisps Crackers	Parm Crisps	1 oz	2.5	0	0
Gourmet Babaghannouj (V)	Fresh n' Nova	1 oz	0.5	0.5	0.5
Grain Free Pizza Crackers (V)	HU Food	26 crackers	0.5	1	0.5
Honey Nut Crunch Granola	Keto & CO	1/4 Cup	0.5	1	1.5
Jalapeno Cheese Crisps Crackers	Perfectly Crisps Bakery	3/4 cup	1	0	0
Majestic Sprouted Hummus	Revolutionary Earthy	2 tbsp	0	0	0
Medium Fresh Roasted Salsa (V)	Casa Sanchez	1/4 Cup	0	0	0
Mini Organic Veggie Wrap	Wrap	1 sheet	0.5	0.5	0.5
Moon Cheese Bite	Moon Cheese	14 pieces	1.2	0	0
No Salt Pistachios	Wonderful Pistachios	20 counts	0	0	1
Organic Peanut Butter Brownie Bar (V)	Good Lovin	1 bar	1	1	2
Organic Alaria Wild Atlantic Wakame (V)	Maine Coast	1/3 cup	0	0.5	0
Organic Classic Hummus (V)	Baba Foods	2 tbsp	0	0.5	0.5
Organic Extra Virgin Olive Oil Seaweed	Gimme Organic	1 pack	0	0	0
Organic Guacamole (V)	Yucatan	2 tbsp	0	0	0
Organic Kosher Dills Pickles	365 Whole Foods	2 pickles	0	0	0
Organic Pacific Sushi Nori Seaweed	Emerald Cove	1 sheet	0	0	0
Organic Roasted Garlic and Artichoke Hummus	Baba Foods	1 tbsp	0	0	0
Organic Sea Salt Cauliflower Veggie Flats (V)	Brad's Plant Based	8 flats	0.5	0.5	1
Organic Thickened Chunky Mild Salsa	365 Whole Foods	1/4 cup	0	0	0

Product	Brand	Serving	PRO	CARB	FAT
Original Parmesan Crisps Crackers	Parm Crisps	1 oz	1.5	0	0
Parmesan Cheese Crisps Crackers	Perfectly Crisps Bakery	3/4 cup	1.5	0	0
Real Guacamole (V)	Casa Sanchez	1 oz	0	0	0.5
Roasted Salted Shelled Pistachios	Wonderful Pistachios	20 Pistachios	0	0	1
Rosemary & Sea Salt Almond Crackers	Simple Mills	17 crackers	0.5	2	1
Sea Salt & Pepper Beef Bites Jerky	Epic Provisions	6 pieces	2	0	0
Sea Salt Almond Flour Crackers	Simple Mills	17 crackers	0.5	2	1
Sour Cream & Onion Crisps Crackers	Parm Crisps	1 oz	1.5	0	0
Spinach Artichoke Dip (V)	This Dip Is Nuts	2 tbsp	0.5	0.5	1
Sprouted Pumpkin Seed	Go Raw	1/3 cup	0	0	1
Sriracha Chicken Bites	Epic Provisions	6 pieces	3	0	0
Turkey Meat Stick	The New Primal	1 oz	0.5	0	0
White Cheddar Moon Cheese	Moon Cheese	1/3 cup	1	0	0
Whole Natural Almond	Blue Diamond Almonds	12 counts	0	0	1
Zero Sugar Classic Beef Jerky	Country Archer	1 oz	1.5	0	0
Zero Sugar Mustard BBQ Beef Jerky	Country Archer	1 oz	1.5	0	0
Zero Sugar Sesame Garlic Grass Fed Beef Jerky	Country Archer	1 oz	1.5	0	0

DESSERTS/ SWEETENER

Almond Butter Keto Cup	Eating Evolved	1 cup	0.5	0.5	1
Almond Vanilla Bar (V)	Dang Foods	1 bar	1	1	1.5
Chocolate Sea Salt Bar (V)	Dang Foods	1 bar	1	1	1.5
Classic Monk fruit Sweetener	Lakanto	1tbsp	0	0.5	0
Coconut Butter Keto Cups	Eating Evolved	1 cup	0	0.5	1
Hazelnut Butter Keto Cup	Eating Evolved	1 cup	0	0.5	1
Lemon Butter Creamer Keto Custard	Mammoth	1/2 cup	0.5	0.5	2.5
Lily's Creamy Milk Chocolate	Lily's	1 oz	0.5	1.5	1
Lily's Dark Chocolate (V)	Lily's	1 oz	0.5	1.5	1
Lily's Extra Dark Chocolate Sea Salt (V)	Lily's	1 oz	0.5	1.5	1
Organic Stevia Liquid	365 Whole Foods	4 drops	0	0	0
Powder Monk Fruit	Lakanto	1/4 cup	0	3	0
White Chocolate PeanutButter Cup	Choc Zero	1 cup	0.5	1.5	1

Product	Brand	Serving	PRO	CARB	FAT
CONDIMENTS					
Blue Cheese Salad Dressing (V)	Follow Your Heart	1 tbsp	0	0	0
Dairy Free Caesar Dressing (V)	Primal Kitchen	2 tbsp	0	0.5	1.5
Fish Sauce	Red Boat	1 tbsp	0	0	0
No Added Sugar Ketchup	Molonany Tubilderborst	1 tbsp	0	0	0
Organic Dijon Mustard	365 Whole Foods		0	0	0
Organic Green Goddess Dressing	Primal Kitchen	1 tbsp	0	0	0
Organic Italian Salad Dressing	365 Whole Foods	1 tbsp	0	0	0
Organic Ranch Salad Dressing	365 Whole Foods	1 tbsp	0	0	0
Organic Salad Dressing Pantry Lemon Pepper (V)	Tessemae's	1 tbsp	0	0	0
Red Beets & Cabbage Sauerkraut	Wildbrine	2 tbsp	0	0	0
Soy Free Vegenaise (v)	Follow Your Heart	1 tbsp	0	0	0
BEVERAGE					
Almond & Coconut Creamer	Nutpods	1 tbsp	0	0	0
Almond Milk Unsweetened Vanilla	Malk Organic	1 cup	0	0	0
Almond Milk Unsweetened	Malk Organic	8 oz	0	0	0
Blue Magic Cashew Milk	Urban Remedy	1 cup	0	0	0
Chicken Mushroom Bone Broth	Kettle & Fire	1 cup	0	0	0
Chocolate Pro Elite Plant Protein	Owen	1 bottle	3.5	0.5	0.5
Lacroix Tangerine Sparking Water	Lacroix Sparkling	1 can	0	0	0
Lemonade Electrolyte Powder	Ultima Replenisher	1 scoop	0	0	0
Nondairy Unsweetened	Ripple Foods	1 cup	1	0	0.5
Organic Chicken Bone Broth	Roli Roti	1 cup	0	0	0
Organic Chicken Broth With Turmeric Lemon MCT Oil	Bonafide Provisions	1 cup	0	0	0
Organic Chocolate Brownie	Koie	1 bottle	1.5	0.5	1.5
Organic Loctose Free Milk	Organic Valley	1 cup	0	0	0
Organic Peach Plum Aloe Vera Juice	Alo Drink	1 bottle	0	0	0
Organic Soy Milk	365 Whole Foods	1 cup	0	0	0
Organic Tulsi Sleep Tea	Organic India	1 tea bag	0	0	0
Organic Turkey Bone Broth	Bonafide Provisions	1 cup	0	0	0
Organic Unsweetened Almond Milk Vanilla	365 Whole Foods	1 cup	0	0	0
Organic Unsweetened Coconut Milk	365 Whole Foods	1 cup	0	0	0
Organic Unsweetened Macadamia Nut Milk	Milkadamia	1 cup	0	0	0

Product	Brand	Serving	PRO	CARB	FAT
Organic Unsweetened Oat Creamer	Sown	1 tbsp	0	0	0
Organic whole milk	365 Whole Foods	1 cup	0	0	0
Pink Lemonade Electrolyte Powder	Ultima Replenisher	1 scoop	0	0	0
Unsweetened Almond Milk	Califia Farms	8 oz	0	0	0
Unsweetened Almond Milk Creamer	Califia Farms	1 tbsp	0	0	0
Unsweetened Brazilian Cold Brew	La Colombe	12 oz	0	0	0
Unsweetened Vanilla Hemp	Pacific Foods	1 cup	0	0	0

This list highlights JumpstartMD-compatible food options available at Whole Foods but is not exhaustive. Feel free to explore additional program aligned choices, and consult Rumi, your JumpstartMD Clinician, or your Health Coach for further guidance.