

VIBRANT HEALTH BALANCED LIVING

natural SOLUTIONS

MAGAZINE

Healthy.
Happy.
Holistic.



off the shelf

There's no need to sacrifice taste if you want to eat healthy food. Try our list of delicious foods below.



Alvida
Alvida's Hibiscus Herbal Tea carries a refreshingly tart taste with a light floral aroma. Traditionally, hibiscus tea has been used for centuries to support a healthy cardiovascular system. // alvida.com



GoPicnic
Looking for a healthier version of an on-the-go meal? GoPicnic offers several different nutritionally balanced snack packs for the hungry. Try the Salami and Cheese with no artificial flavors or colors. // gopicnic.com



Lee Kum Kee
Great for dressing, dips, and spreads, Sriracha Chili Ketchup from Lee Kum Kee will have your taste buds tingling with delight. // us.lkk.com



Outer Spice
Sprinkle, rub, mix, or marinate it—these flavorful, antioxidant-rich seasoning blends are made with no or low salt. // outerspiceit.com



Next by Nature
We love its unique combination of quinoa and dark chocolate. // nextbynature.com



Kettle Brand
Try one of the newest flavor editions to the Kettle Brand family: Red Curry. As always, Kettle Brand promises non-GMO and natural ingredients without any trans fat, MSG, or preservatives. // kettlebrand.com



Kohana Coffee
Low in acid and calories, and high in antioxidants. Why not reach for one of Kohana Coffee's cold brew coffee drinks? Sweetened with maple, fruit, and available in four flavors, you'll love this ready-to-drink shot of energy. // kohanacoffee.com

Bob's Red Mill
New Gluten-Free 1-to-1 Baking Flour easily substitutes for traditional wheat flour in the exact amount the recipe calls for. // bobsredmill.com



YumButter
Try your favorite nut butter in a convenient on-the-go pouch with YumButter GO. Plus, each purchase benefits a malnourished child in Guatemala. // yumbutter.com



Alter Eco
These Salted Caramel Truffles are pure melt-in-your-mouth goodness. Organic, gluten-free, and made with coconut oil and dark chocolate. // alterecofoods.com

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