

Healthy Way Product List

Beverages (GF)	
Unsweetened Nut Milks	1 Cup = 1/2 Fat
Bahkti Chai Concentrate	1 Cup = 1/4 Starch (contains caffeine)
BetterHalf/Almond Creamer	2 Tbsp = freebie
Braggs Lime or Ginger	1 bottle = FREE
Cranberry Concentrate	1/4 Cup = FREE
Forager Organic Creamer	2 Tbsp = freebie
Herbal Tea (No Caffeine)	Unlimited
Kevita Sparkle Probiotic	1 bottle = FREE
Lemon Juice Concentrate	Unlimited
Matcha Tea or Chocolate Drink	1 Tbsp = 1/4 Starch (Lakanto)
Ripple Nut Milk	1 Cup = 1/2 fat, 1 protein
Steaz Ice Tea	1 can = FREE (contains caffeine)
Teecino Tea	Unlimited
Virgils ZERO Soda	1 bottle = FREE
Zevia Soda (Any Flavor)	1 can = FREE (some flavors contains caffeine)

Baked Goods, Mixes	
Berry Oat Breakfast Bar (GF)	1 Protein, 1 Fat & 1 Starch
Buckwheat Pancake Mix	1/3 cup = 1 Starch
Emily's Breakfast Bar	1 Starch
Fiber Muffin	1 Starch
Miracle Muffin Mix	1 Starch, 1 Pro & 1/2 Fat
Zucchini Muffin	1 Starch, 1 Pro

Breads, Tortillas & Wraps	
Bavarian Bread	1 Slice = 1 Starch
Brown Rice Wrap (GF)	3 Rounds = 1 Starches
Cauliflower Thins	2 = 1 protein, 1 fat
Caulifour Pizza Crust	1 Crust = 1 Fat & 1 Protein
Cassava Tortilla	2 Rounds = 1/2 Fat & 1 Starch
Chia Coconut Wrap	1 sheet = 1 fat
Ezekiel Bread (Food 4 Life)	1 Slice = 1 Starch
Ezekiel English Muffin	1/2 Muffin = 1 Starch
Ezekiel Pita Bread or Tortilla	1 Round = 1 Starch
Paleo Wraps (GF)	1 = 1 Starch & 1 Fat

Cereals	
Ezekiel Golden Flax Cereal	1/3 cup = 1 Starch
HW Granola	1/4 cup 1/2 fat, 1/2 starch
Oatmeal (GF)	3/4 cup = 1 Starch
Quinoa Flake Cereal	1/2 cup = 1 Starch

Condiments, Sauces & Spreads	
Ajvar or Roasted Spread	1/3 cup = FREE
BBQ (Natures Hollow)	2 Tbsp = FREE
Braggs Liquid Aminos	1/2 Tsp = FREE
Cashew "Cheesy" Sauce	1/2 cup = 1 fat, 1 starch
Chili Verde	1/4 Cup = FREE
Coconut Garlic Sauce	2 Tbsp = FREE
Coconut Teriyaki	1 Tbsp = FREE
Creole Mustard	1 Tbsp = FREE
Creole Pepper Sauce	1 Tsp = FREE
Frontier Dip Mixes	2 Tbsp = Free (yogurt = Protein)
Ginger Juice	Unlimited
Ginger Peanut Sauce	2 Tbsp = FREE
Ginger Sesame Sauce	2 Tbsp = 1 Fat
Ketchup (Natures Hollow)	1 Tbsp = FREE
Pasta Sauce (Monte Bene)	1/2 cup = FREE
Salsa (Muir Glen)	Unlimited
Veganise Mayo	1 Tbsp = 1 1/2 Fat
Nuts, Seeds, Butters & Flours (GF)	
Almond Butter (Packet)	2 Tsp = 1 Fat / Packet = 2 Fats
Almond (Sprouted)	12 = 1 Fat

GF = Gluten Free (Not all Gluten Free items are listed as GF)

Crackers	
Brancrisp	5 = 1 Starch
Chestnut Crisp (GF)	4 = 1 Starch
Finn Crisp Caraway	5 = 1 Starch
Jilz (GF)	10 = 1/2 Starch & 1 Fat
Living Spoonful (Raw/GF)	5 = 1 Fat & 1/2 Starch
Mary's (Most Flavors) GF	10 = 1 Starch & 1 Fat
Food Alive (Raw/GF)	1/3 Bag = 1 Fat & 1/2 Starch
Rice Thins (GF)	4 = 1 Starch
Ryvita (Sesame or Dark)	2 = 1 Starch

Desserts - Limited		* Enjoy 2x weekly only *
Chocolate Mint Cookies (GF)	1 Package = 1 Protein & 1 Fat	
Peanut Butter Cookies (GF)	1 Package = 1 Protein & 1 Fat	
Snickerdoodle Cookies (GF)	1 Package = 1 Protein & 1 Fat	
Sweet Potato Brownie (GF)	1 Starch & 1 Fat	

Dressings, Oils & Vinegars	
Apple Cider Vinegar	Unlimited
Bragg's Vinaigrettes	1 Tbsp = 1 Fat
California Balsamic	Unlimited
California Vinaigrettes	1 Tbsp = 1 Fat
Coconut Oil / MCT Oil	1 Tsp = 1 Fat
Flax Seed Oil	1 Tsp = 1 Fat
Galeo's Dressings	3 Tbsp = 1 Fat / Packet = 3/4
Garlic Paprika Flax Oil	1 Tbsp = 1 Fat
HW Balsamic	2 Tbsp = 1 Fat
HW Basil	2 Tbsp = FREE
HW Sesame	1 Tbsp = 1 Fat
Oil Sprays - Coconut or Avocado	Moderation
Ranch Flax Dressing	2 Tbsp = 1 fat

Entrees with Meat		Frozen Foods by Healthy Way
Baked Stuffed Cabbage Roll (GF)	3 Protein & 1/4 Starch	
Black Bean Chicken Chili (GF)	3 Protein & 1 Starch	
Burritos (New Mexico or BBQ)	3 Protein & 1 Starch	
Chicken Shrimp Jambalaya (GF)	4 Protein & 1/2 Starch	
Chicken Basil Rigatoni	3 Protein & 1 Starch	
Chicken Enchilada	3 Protein & 1 Starch	
Chinese Chicken "Fried Rice" (GF)	3 Protein & 1/2 Fat	
Chicken Veggie Soup (GF)	3 Protein & 1/4 Starch	
No Carb Beef Enchilada (GF)	3 Protein	
Pizza - Chicken Pesto	3 Protein, 1 Starch	
Shepherds Pie (GF)	3 Protein & 1/2 Starch	
Spaghetti Squash w/Meatball (GF)	3 Protein	
Turkey Meatballs (GF)	3 Protein	
Turkey Meatloaf (GF)	3 Protein & 1/2 Starch	
Turkey Quinoa Stuffed Peppers (GF)	4 oz Protein & 1/2 Starch	

Fruits & Fruit Spreads (GF)		No Added Sugar
Apple Butter	1 Tsp = Free or 1 Tbsp = 1/2 Fruit	
Apple Chips	1 Small Bag = 1 Fruit	
Apple Sauce	1 cup = 1 Fruit	
Natures Hollow Jams	1 Tbsp = Free or 2 Tbsp = 1/2 Fruit	

Sweeteners & Chocolates	
Coconut Sugar or Nectar	1 Tbsp = 1/3 Fruit or 1 Tsp = Free
Fruit Sweet	1 Tbsp = 1/3 Fruit or 1 Tsp = Free

Coconut Flour	1/2 cup = 1 Fat & 2 Starches
Chia or Hemp Seeds	2 Tbsp = 1 Fat
Flax Seeds (Whole)	1 Tbsp = 1 Fat
Hemp Hearts	1 packet = 2 fat
PB2 (Powdered Peanut/Almond Butter)	2 Tbsp = 1 Protein
Pistachio Packet	Whole packet = 2 Fat
Power Wrap - Curry or BBQ	1 Stick = 1 Fat
Pumpkin or Sunflower Seeds	1/4 Bag = 1 Fat

Pasta - Cooked Serving	
Bean, Lentil or Edamame Pasta	1 Cup = 1 Starch, 2 1/2 Pro (concentrated proteins)
Brown Rice Pasta	1/2 Cup = 1 Starch
Kelp Noodles	Unlimited
Miracle Noodles or Rice	Unlimited

Protein Bars	
Lydia's Raw Bar	1 Protein, 2 Fat & 1 Starch
Paleo & Peagan Bars	3 Protein, 1 Starch & 1 Fat
Quest Bars	2 Protein, 1 Starch & 1 Fat

Proteins (GF)	
Chicken (Canned)	1 Can = 3 1/2 Protein
HW Protein Powders	1 Scoop or Packet = 3 Protein
Smoothie Pack	1 = 3 protein, 1 fruit, 1 veggie
Smoothies: PB & Mexican Mocha	2 Protein, 1/2 Fruit & 1/2 Fat
String Cheese (Part Skim)	1 Stick = 1 Protein
Tofu (Mori Sprouted)	1 Box = 3 1/2 Protein
Tuna Canned (No Oil)	1 Can = 6 Protein
Turkey & Beef Sticks (Nicks Brand)	1 Pack = 2 Protein

Salads with Meat (GF)	
Mandarin Chicken w/ Sesame	3 Protein, 2 Fats & 1/3 Fruit
Cobb w/ Turkey & Balsamic	3 Protein & 1 Fat
Egg Salad Cup	2 Protein & 1 Fat
Tarragon Chicken Salad Cup	2 Protein & 1 Fat
Tuna Apple Salad Cup	3 Protein, 1 Fat & 1/3 Fruit
Tuscan Chicken Salad w/ Basil	3 Protein & 1/2 Starch

Spices & Herbs (GF)	
	No Sodium = Unlimited
Creole Spice	Unlimited
Garlic Gold Nuggets	Unlimited
Lydia's Seasoning	2 Tbsp = Free
Nutritional Yeast	2 Tbsp = Free
Rawmesan	1 Tbsp = Free
Salt Free Herbs/Spices & Spike	Unlimited

Soups (Packaged Mixes) GF	
	Prepacked - Not counting added Protein
Broth - Low Sodium	2 Cups = Free
Butternut Squash & Lentil	1 Cup = 1 starch, 1/2 fruit
Cauliflower	1 Cup = 1 Starch, 1/2 cup veg
Chicken & Rice	1 Cup = 1/2 Starch & 1/2 Protein
Chili	1 Cup = 1 Starch
French Onion	1 Cup = 1/4 Starch
Gingered Carrot, Coconut	1 Cup = 1/4 Starch & 1/2 Fat
Kale & Quinoa	1 Cup = 1/4 Starch
Tomato Basil	1 Cup = 1/4 Starch & 1/2 Fat

Healthy Chocolates	1 = Free or 3 = 1 Fat & 1/2 Starch
Ice Chips or Gum (Xylitol)	1/3 Container = FREE
Maple/Raspberry Syrup	1/4 Cup = FREE
Monk Fruit Chocolate Bars	1/4 Bar = 1 Fat & 1/2 Starch
Monk Fruit Sweetner	1 Tsp = Free or 1 Tbsp = 1/4 Fruit
Oh Fudge	1 Tsp = Free or 1 Tbsp = 1/2 Fruit
Stevia Liquids or Packets	Unlimited
Swerve	Unlimited
Wonder Cocoa	1 Tbsp = FREE
Xylitol	1 Tsp = Free or 1 Tbsp = 1/4 Fruit

Vegan Cheeses	
	Healthy Way Approved Brands
Forager Sour Cream	2 Tbps = freebie
Miyokos "Cheese" Spreads	2 Tbsp = 1 Fat
Miyokos Butter	1 Tsp = 1 Fat
Vegan Feta or Mozzarella	1 oz = 1 Fat

Vegetarian Items & Salads	
	May contain Egg or Dairy (By HealthyWay)
Breakfast Wrap	3 Protein & 1 Starch
Cauliflower Pizza (GF)	1 Fat & 2 Protein
Curry in a Hurry (GF)	1 Fat
Egg Cup (GF)	2 Protein & 1 Fat
Egg Pita Sandwich	3 Protein, 1/2 Fat & 1/2 Starch
Mediterranean Eggplant (GF)	Free
Pizza - Vegetarian	1 Protein & 1 Starch
Tofu Verde Enchilada	2 Protein & 1 Starch
Roasted Veggies (GF)	Free
Vegetable Chili (GF)	1 Starch
Veggie Chowder (GF)	Free
Veggie Frittata (GF)	3 Protein

Various Items & Vitamins	
Apple Cider Tablets	Unlimited
Oscilloccium (Biron)	Follow Label Instructions
Peppermint Oil	Unlimited
Vitamins & Minerals	Follow Label Instructions

Wraps - Fresh	
Breakfast Wrap	3 Protein & 1 Starch
Chinese Chicken Wrap	3 Pro, 1 Starch, 1/3 Fruit & 2 Fats
Mediterranean Chicken Wrap	3 Protein & 1 Starch
Pita Sandwich (Egg or Chicken)	3 Protein, 1/2 Starch & 1/2 Fat
Turkey Cobb Wrap	3 Protein, 1 Starch & 1 Fat

Tofu Mouses	
	* OK Daily *
Chocolate Mousse	2 oz Protein & 1/2 Fruit
Tofu Mouse (Lime or Berry)	1 Protein & 1/2 Fruit
Chia Pudding	2 Fat