

SOTA PROGRAM APPROVED GROCERIES AT:



SweetLeaf Flavored Liquid Stevia Drops



Zevia Energy Drink & soda



S. Pellegrino Mineral Water



Zevia Tea



Chose only UNSWEETENED Almond Milk (1/4th cup per day)



Nutpods & Califia Farms UNSWEETENED Creamers
* limit 2tbsp per day





Walden Farms Dressings, Syrup, Mayo and BBQ sauce



Walden Farms Creamers



Primal Kitchen Mayo
*please count towards your daily dietary fat allowance



*Brianna's Brand
"Real French
Vinaigrette"*

This flavor only!

*** Count toward your healthy dietary fat allowance*



Kerrygold Grass-fed Butter



Pederson's, Applegate, and Nature's Rancher bacon can be found with NO SUGAR ADDED and UNCURED!



Veggie Zoodle CO. & Cece's Veggies CO.
 (These brands also have other SOTA approved easy veggies)



Frozen Vegetables