

03.12

Natural Health



FREEZER

Kashi Thin Crust Pesto Pizza One of the most savory frozen pizzas we've tasted, this one offers 4 grams of fiber and 14 grams of protein per 1/8 pie serving. (\$6; kashi.com)

Good Food Made Simple 100% Steel Cut Oatmeal-Original Unsweetened Minimalist packaging and wholesome ingredients keep a delicious (and nutritious) breakfast, well, simple. (\$3; goodfoodmadesimple.com)

Kettle Cuisine Thai Curry Chicken Soup Made-from-scratch chicken stock mixed with creamy coconut milk and lemongrass form the basis for this decadent soup, which has 13 grams of protein per 10-ounce serving. (\$4; kettlecuisine.com)

Candle Cafe Seitan Piccata with Lemon Caper Sauce A gourmet meal made with organic ingredients (and ready in minutes), inspired by the vegan restaurants Candle Cafe and Candle 79 in New York. (\$6; candlecafefoods.com)

Amy's Sonoma Veggie Burger With healthy ingredients including quinoa, walnuts and mushrooms, these vegan patties have a great texture and are only 140 calories each. (\$7; amys.com)

Dr. Praeger's Lightly Breaded Fish Sticks Wild pollock fillets are cut into strips and lightly breaded with wheat and corn flours to make these kid (and adult) favorites. (\$4; drpraegers.com)

Lifeway Frozen Kefir Tart and Tangy Mango This alternative to the usual fro-yo is high in protein and calcium, has only 90 calories per half-cup serving, and boasts 10 live and active probiotic cultures to help aid digestion and support immunity. (\$6; lifeway.net)

EVOL Shredded Beef Burrito EVOL buys one Green-Energy credit for every kilowatt-hour of electricity it uses to make these hearty tortillas full of goodness, which helps to fund the installation of wind turbines throughout the Midwest and West. (\$3; evolfoods.com)

Van's Natural Foods 8 Whole Grains Multigrain Waffles Start the day right with two of these tasty waffles, sweetened with a touch of honey and super filling thanks to their 6 grams of fiber. (\$3; vansfoods.com)

Applegate Naturals Gluten-Free Chicken Breast Tenders These juicy chicken strips are breaded with rice flour and approved by the Gluten-Free Certification Organization. (\$6; applegatefarms.com)



Look for this sticker to find these healthy, great-tasting packaged foods at your grocery store!