

RESOURCES

Rawmazing

www.rawmazing.com

Raw Food Recipes

www.rawfoodrecipes.com

Raw Food Chef

rawfoodchef.com

Happy Cow

www.happycow.net/raw/raw_living.html

Living Foods

www.living-foods.com/recipes

This Rawsome Vegan Life

www.thisrawsomeveganlife.com

Raw on \$10 a Day

www.rawon10.com/p/recipe-index.html

Rawified

rawified.blogspot.ca

The Raw Chef

www.therawchef.com/recipes

Be Raw Collection on Pinterest

<http://www.pinterest.com/benaturalmarket/raw-diet/>

Be Natural Market

At Be we're here to help you find what you need to be healthy and happy.

Always feel free to ask our store associates for help in locating raw products or to clarify any questions you may have.

**And, As Always...
Thank You For
Shopping At
Be Natural Market.**

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www.benaturalmarket.com

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Store Hours:
Mon. – Sat. 9a.m. – 7 p.m.
Sun. 12 p.m. – 6 p.m.



Raw and Living Food Shopping Guide

***We Believe in Your
Well-Being***

Raw Foods Directory

Some product lines have a few items that are or are not raw. Ingredients may change at any time. Please read labels carefully every time you shop.

Items listed here were included because their packaging states that they are raw.

Some companies, such as Amazing Grass, also offer additional cold processed items.

Bars and Power Snacks

- Go Raw - Bars and Snax
- Navitas - Fruits, Nuts, Power Snacks
- Saquito Chia Energy Snacks
- Two Moms in the Raw Bars

Bulk Seeds and Nuts

- Almonds
- Brazil Nuts
- Cashews
- Hazelnuts
- Macadamias
- Pecans
- Pine Nuts
- Pumpkin Seeds
- Raw California Mix (trail mix)
- Sunflower Seeds
- Tierra Raw Mix (trail mix)
- Walnuts

Chocolate

- Lulu's
- Sacred
- Santosha
- Sinless
- Two Mom's In The Raw Truffles

Crackers, Cookies, Treats

- Foods Alive Flax Crackers
- Go Raw - Chips, Cookies, Coconut Crisps
- Livin' Spoonful Crackers
- R.A.W. (Real and Wonderful) - Crackers, Nut Clusters
- Raw O.N.E. Biscotti
- Seasnax Seaweed (some)
- Wonderfully Raw Chips, Bytes

Dairy

- Organic Valley Cheese (some)
- Tree of Life Cheese (some)

Drinks

- G.T.'s Kombucha
- Harmless harvest Coconut Water
- Zu-Kay Veggie Kvas

Granola

- Go Raw
- Raw O.N.E.
- Two Moms in the Raw

Local and organic produce

Meal and Protein Shakes

- Amazing Grass - Amazing Meal
- Garden of Life RAW - Meals, Protein Powders
- HealthForce Nutritionals - Protein Powders
- Juvo - Meals, Protein Powders

Pet

- Nature's Variety Instinct Raw
- NuDimensions

Sprouting seeds and equipment

Superfoods and Greens

- Amazing Grass - Superfood Greens Powders
- Eclectic - Superfood Powders
- Garden of Life - Perfect Food (Greens and Superfood Powders)
- Go Raw - Superfoods
- HealthForce Nutritionals Greens and Superfood Powders
- Juvo Superfood Powders
- Manitoba Hemp Hearts
- Navitas - Superfoods, Powders

Supplements

- Eclectic
- Garden of Life - RAW One and RAW Code Vitamins, Fiber, Probiotics, CoQ10
- HealthForce Nutritionals

Sweeteners and Butters

- Artisana Nut and Coconut Butters
- Monk Fruit in the Raw
- Wholesome Sweetener Raw Cane Sugar
- Y.S. Organic Bee Farms Honey