

LONG ISLAND NUTRITIONIST



CREATED BY ELEANA K Aidanian, RD, CDN, CPT-WFS



1. WILD SKIPJACK TUNA

2. FREEZE DRIED FRUIT, ALL FLAVORS

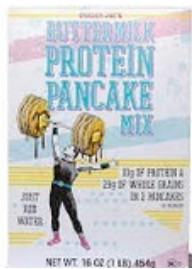
3. BUTTERMILK PROTEIN PANCAKE MIX

4. NUT BUTTERS*

*INGREDIENTS LISTING ONLY NUTS AND/OR SALT
NOTHING ELSE ADDED



5. ORGANIC ROLLED OATS WITH ANCIENT GRAINS & SEEDS



6. ORGANIC FAIR TRADE CACAO POWDER

7. ORGANIC FLAXSEED MEAL

8. JUST A HANDFUL OF OLIVES

9. ORGANIC POPPING CORN



10. JUST A HANDFUL OF RAW ALMONDS

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