

Primal Kitchen: I love their products but I specifically use their Mayo and Buffalo sauce



Tessamae I use them for my dressings!

Favs are Buffalo ranch, creamy ranch, and their avocado dressing!

Their original ranch is more tangy so if you like that style then you will love the OG.

**The key is finding ways you can diversify your meals so you aren't going through these staples as quickly but at the end of the day you really shouldn't be going through them too quickly regardless 😊

A screenshot of the Tessa Mae's website. At the top is the Tessa Mae's logo, a stylized 'T' inside a sunburst, with the text 'TESSEMAE'S' below it. To the right of the logo are search and user icons. Below the logo is a navigation bar with links: DRESSINGS, MARINADES, VARIETY PACKS, DIETARY COLLECTIONS, RECIPES, WHOLESALE, and a CART icon. The main content area features a large blue banner with the text 'BETTER TASTING & BETTER FOR YOU' in white. Below the banner is a row of twelve different dressing bottles from Tessa Mae's, each with a unique color and label. The bottles are labeled: CLASSIC RANCH, BUFFALO RANCH, CILANTRO LIME RANCH, CLASSIC BALSAMIC, LEMON PEPPER, BALSAMIC VINAIGRETTE, CLASSIC GREEK, CLASSIC CAESAR, LEMON GARLIC, and CREAMY RANCH. Below the row of bottles are two logos: 'USDA ORGANIC' and 'CERTIFIED GLUTEN FREE'. At the bottom of the banner is the text 'MADE WITH ONLY REAL INGREDIENTS'.

Ketchup I get it from Trader Joes but there are many store brands that will provide you a simple ketchup ingredient list



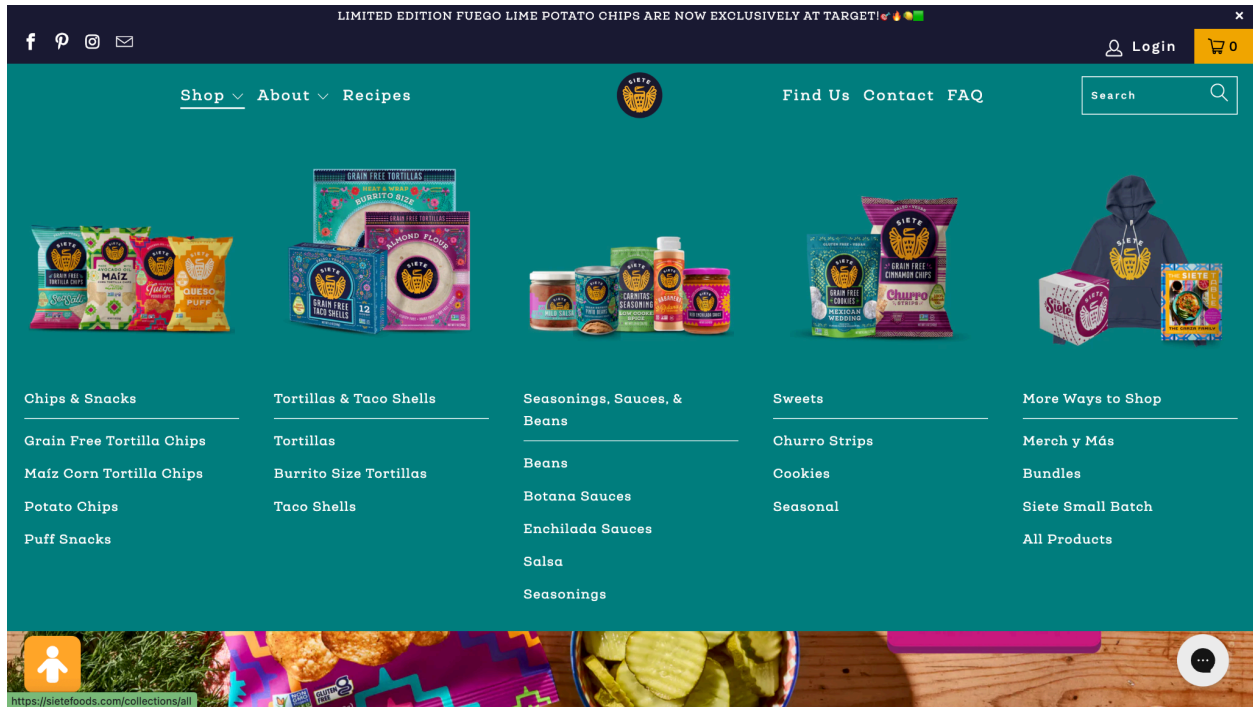
Mustard is very similar in that you can find store brands that will be simple ingredients, here is an example of a random one I googled and it is through Kroger!



Kroger

Siete I LOVE THIS BRAND

I get their chips, tortillas, enchilada sauce, you name it! And you can find these in any Kroger, Meijer, Whole Foods, Fresh Thyme, and Target! unsure if they are at a Publix store just yet.



Van Leeuwen Ice Cream

AHHH I love this company, they allow me to have ice cream with simple ingredients and you should too! These can be found at Kroger 😊

