

Whole Day for Whole Grain Shopping List



Ready to eat more whole grain foods? Check out the shopping list below for some inspiration. Post a picture of your whole grain foods with the tag [#SampleWholeGrains](#) on social media!

Breads

[Canyon Bakehouse 7-Grain Bread](#)
[Canyon Bakehouse Ancient Grain Bread](#)
[Canyon Bakehouse Heritage Whole Grain Bread](#)
[Mestemacher Organic Whole Rye Bread](#)
[Mestemacher Pumpnickel Bread](#)
[Mestemacher Whole Rye Bread](#)

Cookies

[Homefree Lemon Burst Mini Cookies](#)
[Homefree Chocolate Chip Mini Cookies](#)

Crackers

[Crunchmaster Multi-Seed Original](#)
[Crunchmaster Multi-Grain Sea Salt](#)
[Crunchmaster Multi-Seed Rosemary & Olive Oil](#)

Flours & Cornmeal

[Bow & Arrow Whole Grain Cornmeal](#)
[Maskal Teff Ivory Teff Flour](#)
[To Your Health Sprouted Flour Co. Sprouted Red Wheat Flour](#)

Frozen Meals

[Grainful Vegetarian Chili](#)
[Grainful Green Goddess Falafel](#)
[Grainful Korean Veggie BBQ](#)

Hot Cereals

[Bluebird Grain Farms Old World Cereal Blend](#)
[Cream of the West 100% Organic 7-Grain](#)
[Cream of the West Roasted Wheat](#)
[Cream of the West Roasted Ranch Oats](#)
[Pereg Natural Foods Brown Teff Porridge](#)
[Pereg Natural Foods Ivory Teff Porridge](#)

Intact Grains

[Bluebird Grain Farms Emmer Farro](#)
[Bluebird Grain Farms Organic Einkorn Berries](#)
[Lotus Foods Organic Brown Jasmine Rice](#)
[Maskal Teff Ivory Teff Grain](#)
[Minute Brown Rice](#)
[Minute Ready-to-Serve Brown Rice](#)
[Pereg Natural Foods Red Quinoa](#)
[Sideaway Foods Organic Quinoa](#)
[Success Brown Rice](#)
[Sunnyland Mills #3 Coarse Organic Bulgur Wheat](#)
[Sunnyland Mills Orlando's Cracked Wheat Pilaf Mix](#)
[Sunnyland Mills #3 Coarse Traditional Bulgur Wheat](#)
[To Your Health Sprouted Flour Co. Sprouted Barley](#)

Coupon Code: SPROUT2022
Good for 15% off all Barley and Quinoa products. Effective 3/1 – 3/31/22
Retail orders only. No limit to usage.

[To Your Health Sprouted Flour Co. Sprouted Quinoa](#)

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Pasta & Noodles

[Lotus Foods Organic Buckwheat & Brown Soba Rice Noodles](#)
[Lotus Foods Organic Millet & Brown Rice Ramen](#)

