

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 & Doughs

[Arnold/Brownberry/Oroweat Whole Grains Breads](#)
[Izzio Artisan Bakery Chia Cracked Rye Sourdough](#)
[Izzio Artisan Bakery Lucky 7 multigrain Bread](#)
[Manini's Gluten Free & Vegan Pizza Dough Ball](#)
[Zingerman's Bakehouse Vollkornbrot](#)
[Zingerman's Bakehouse Dinkelbrot](#)

Cookies

[Zingerman's Bakehouse Funky Chunky Cookie](#)

Snacks & Crackers

[Dasavena Handcrafted Granola Bar](#)
[Dasavena Handcrafted Granola](#)
[Marimix Sweet Chili Sesame](#)
[Marimix Toasty Peanut Butter](#)
[Marimix Cinnamon Churro](#)
[Ryvita Dark Rye Crispbread](#)
[Want-Want SuperSlim Brown Rice Crisps - Black Sesame](#)
[Want-Want SuperSlim Brown Rice Crisps - Multigrain](#)

Flours & Cornmeal & Baking Mixes

[Coyote Pancake & Waffle Mix Original](#)
[Coyote Pancake & Waffle Mix Buttermilk](#)
[Coyote Pancake & Waffle Mix Flax](#)
[Farmer Direct Whole White Wheat Flour](#)
[Farmer Direct Whole Red Wheat Flour](#)
[Farmer Direct Heirloom Wheat Flour](#)
[Krusteaz Gluten Free Double Chocolate Brownie Mix](#)
[Krusteaz Protein Buttermilk Flapjack & Waffle Mix](#)
[Krusteaz Gluten Free Honey Cornbread Mix](#)

Cereals, Granola & Muesli

[Bakery on Main Bakeshop Bliss Monster Cookie Granola](#)
[Bakery on Main Crunchy Cluster Sprouted Maple Granola](#)
[Bakery on Main Superfood Unsweetened Instant Oatmeal](#)
[Choputa Instant Fonio Breakfast Cereal](#)
[Choputa Instant Fonio Breakfast Cereal Maple](#)
[Choputa Instant Fonio Breakfast Cereal Apple Cinnamon](#)
[Dasavena Handcrafted Cereal Cranberries & Almonds](#)
[Dorset Simply Delicious Muesli](#)
[Familia Swiss Muesli, Original Recipe](#)
[Familia Swiss Muesli, Premium Recipe](#)
[Familia Swiss Muesli, No Added Sugar](#)
[Jordan's Crunchy 3 Nut Granola](#)

Intact Grains

[Minn-Dak Growers, Ltd. Buckwheat Groats](#)
[Minn-Dak Growers, Ltd. Whole Buckwheat Seeds](#)
[Sunnyland Mills Organic #3 Coarse Bulgur Wheat](#)
[Sunnyland Mills Traditional #3 Coarse Bulgur Wheat](#)

Pasta & Noodles

[Manini's Gluten Free Dairy Free Roasted Tomato & Basil Ravioli](#)
[Manini's Gluten Free 4 Cheese Ravioli](#)

Plant-Based Milks

[Elmhurst Unsweetened Oat Milk](#)
[Elmhurst Chocolate Oat Milk](#)
[Elmhurst Oat Barista Edition](#)

