

# 13 healthy CHOICES

at the grocery store



Kathleen Henderson



## HEALTHY CHOICES AT THE STORE

It's not always possible to make homemade everything, especially when you're first starting out with real food or going through a busy season of life. Below you'll find my recommendations for the healthiest versions of purchased pantry staples.

Bone broth: [Bare Bones Bone Broth](#)

Coconut wraps: [Nuco Organic Coconut Wraps](#)

Crackers: [Simple Mills Almond Flour Crackers](#)

Jam: [Crofters Organic Just Fruit](#)

Ketchup: [True Made Foods](#)

Marinara sauce: [Cucina Antica](#)

Mayo: [Primal Kitchen](#), [Sir Kensington's](#), [Chosen Foods](#)

Pasta, gluten-free: [Jovial](#)

Salad dressing: [Primal Kitchen](#)

Salsa: [Amy's](#)

Seasoning salt: [Real Salt Season Salt](#)

Tomatoes, diced: [Jovial](#)

Tortilla chips: [Siete cassava chips](#)



# Is the Family Table still a thing?

Kathleen Henderson is on a mission to make sure families can still find time to gather around the table together and moms can fill that table—and their pantries—with nutritious whole foods.



[CLICK HERE TO IMPROVE YOUR FAMILY TABLE](#)



## Brought To You By...

Kathleen Henderson is the natural living mentor behind the Roots & Boots blog and youtube channel and the creator of the brand-new *Real Food Family Meal Plan*, which is earning 5-star ratings--and saving time and money--in kitchens across the country. Kathleen lives with her husband and 3 boys on a family farm in Virginia.