

Healthy INDULGENCES

NUTRITIOUS DINING DELIGHTS
THAT ARE WORTH SPLURGING ON



**WAY BETTER
SWEET PUNKIN CRANBERRY
TORTILLA CHIPS**

\$3.99 | GOWAYBETTER.COM

With sprouted flax seeds and quinoa, beans and grains and cranberries, these chips are good for your stomach and the earth.



NATURE'S BAKERY, FIG BAR

\$0.99/ Pack | NATURESBAKERY.COM

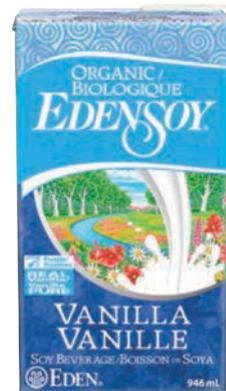
Stone Ground Whole Wheat Fig Bars are made with ground whole wheat flour, dried cane syrup, brown rice syrup, fig paste, canola oil, rolled oats.



**VEGA MEAL BAR
CHOCOLATE PEANUT BUTTER CUP**

\$2.49 | MYVEGA.COM

Vega's All-in-One Meal Bar is packed with protein, fibre, Omega-3s plus vitamins, minerals, antioxidants, probiotics and greens.



EDEN FOODS, VANILLA SOY MILK

\$3.49 | EDENFOODS.COM

Organic Soymilk contains 100% vanilla extract, organic soybeans, naturally malted organic wheat and barley extract, kombu seaweed, no refined sugar and no artificial ingredients.



**RACHAEL RAY STONEWEAR
EVOO DRIZZLER**

\$16.99 | MEYERCANADA.CA

This 24 oz. opaque bottle has a nonporous glazed interior to keep extra virgin olive oil in the dark to help avoid oxidation and preserve taste.



**JULES FUEL,
WHISTLER SUPERFOOD**

\$8.99 | WWW.JULESFUEL.CA

A nutrient dense, low-glycemic, high-antioxidant, vegan, breakfast cereal created by Olympian Julia Murray with quinoa, goji berries, chia, flax and pumpkin seeds.



FLAP JACKED, PROTEIN PANCAKE MIX

\$12.99 | FLAPJACKED.COM

This protein-packed, fibre-rich pancake mix is made with whole grain ingredients, premium quality whey protein isolate and is naturally sweetened with real fruit.



BASIC ROOTS GOJI COOKIES

\$6 | BASICROOTS.CA

Raw, organic and packed with goji berries, coconut oil, chia, cacao.



MARIO'S GELATI, 500ML GELATO AND SORBETTO

\$7.99 | WWW.MARIOSGELATI.COM

Mario's Gelati Italian Ice Cream is low fat and made with no artificial ingredients. The non-dairy sorbetto is lactose free and vegan friendly.

MILL STREET ORIGINAL ORGANIC LAGER

\$14 per 6-Pack | MILLSTREETBREWERY.COM

This 100% all-natural certified organic lager is brewed with imported malt and hops. It's crisp, refreshing and delicious. Go on, indulge.

GO VEGGIE DAIRY FREE PLAIN CREAM CHEESE

\$4.99-\$5.99 | GOVEGGIEFOODS.COM

Go Veggie's Dairy Free cream cheese is rich, creamy and spreadably smooth with 4 times more calcium than regular cream cheese, plus less calories, fat and saturated fat – and no cholesterol!



EVELYN'S CRACKERS, CHEDDAR CRISP

\$8 | EVELYNSCRACKERS.WORDPRESS.COM

Light, crispy, cheesy with a touch of salty tartness. Contains spelt flour and nigella seeds.

