

Bread Recommendations

Food for Life – Ezekiel 4:9



- High in fiber and protein
- No added sugar or salt
- Offered in sliced loaves, English muffins, hamburger/hot dog buns, pita pockets, and wraps
- Found in the frozen section at most local grocery stores

Schmidt 647

- Lower in calories
- High in fiber
- Offered in Italian, white, and wheat sliced loaves
- Found in the bread aisle at most local grocery stores

647



Angelic Bakehouse



- High in fiber and protein
- Minimal added sugar and salt
- Offered in sliced loaves, dinner rolls, hamburger/hot dog buns, flatbread pizza crusts, and wraps
- Found in the bakery department or bread aisle at most local grocery stores

Trader Joe's

Sprouted Wheat Sourdough



- High in protein
- Minimal added sugar and salt
- Offered in sliced loaves
- Found in the bakery department at Trader Joe's only

Dave's Killer

Thin Sliced Bread & English Muffins



- High in fiber and protein
- Minimal added sugar and salt
- Found in the bread aisle at most local grocery stores

Alvarado St. Bakery

- High in fiber and protein
- Minimal added sugar and salt
- Offered in sliced loaves, hamburger/hot dog buns, and tortillas
- Found in the bakery department or bread aisle at most local grocery stores



Other diet-specific breads recommended

Base Culture

- GF, Paleo, Low Carb



Barely Bread

- (GF, Paleo, Low Carb)



Julian's Bakery Paleo or Keto Thin

- GF, Paleo, Low Carb



SOLA

- Low Carb



Call your local grocery store or use each brand's online 'Store Locator' to find out whether these brands are available to you!