

Salad Dressing Recommendations

Bolthouse Farms

- Low calories
- Minimal sugar
- Yogurt based
- Avocado Green Goddess, Chunk Blue Cheese, Organic Lemon Basil, Organic Three Herb Vinaigrette, Organic Avocado Ranch, Organic Creamy Caesar,
- Found in the produce section at most local grocery stores



Bragg Vinaigrette

- Low calories
- Olive oil and apple cider based
- Minimal sugar
- Found online at: Amazon, Target, Walmart



Primal Kitchen

- No soy or canola
- No added or minimal sugar
- Options for: Paleo, gluten free, vegan, Whole 30, keto friendly
- Acme, CVS, Giant, Walmart, Whole Foods



StoneWall Kitchen

- Avocado or olive oil base
- Minimal added sugar
- Roasted Garlic Vinaigrette, Cilantro Lime, Champagne Shallot Walnut Dressing, Rose Vinaigrette, Lemon & Avocado Oil Vinaigrette
- Found at Acme, Wegmans, Carlini's, Fresh Market



Tait Farms

- Olive oil base
- Minimal added sugar
- Found online



www.taitfarmfoods.com

Tessemae's

- No added or minimal sugar
- Options for: Whole 30, dairy free, gluten free, keto friendly



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