



**THEM!?**

Dedicated Gluten Free Facility

May Or May Not Be Gluten Free?

Gluten and Grain Free High Quality  
Flours

Cheap Gluten Flours

Organic Butter and Coconut Oil

Hydrogenated Oils Resulting In  
Longer Shelf Life, Full Of Trans Fat  
and Raises LDL (bad) Lowers HDL  
(good) Cholesterol

Pure Olive Oil

Local Honey, Maine Maple Syrup,  
Organic Cane Sugar

Refined White Sugar, Corn Syrup

Grass Fed Beef

Commercially Raised Food Plot Meats,  
Fed Questionable Feed

Non-Gmo Pork

Maximally Processed Meats Full Of  
Gluten, Corn, Soy, Nitrates, Glues

Vegetarian fed, USA Raised Chicken

Mass Produced Eggs From Caged  
Chickens In Filthy Environments Eggs  
Are Weeks to Month Old

Nitrate Free Ham and Bacon

Local Free Range Eggs

House Made Dressings/Mayo Free Of  
Soy, Corn, Canola Oil and Refined  
Sugars

Dressings and Mayonnaise Filled With  
Corn, Soy, Canola Oils, Sugars

Organic Greens

Pesticide Laden Greens, Mostly  
Iceberg or Romaine

Allergen Friendly Chocolate

Soy Filled Allergen Laden Chocolate

Himalayan Salt

Highly Processed Finely Ground Salt  
With Anti-Caking Agents Added Lack  
Of Vitamins and Minerals

Organic Coconut Milk

Homemade Soups/Chili

Mass Productions Soups, Loaded With  
Sodium and Fillers

Pure Extracts

Imitation Extracts