

The Always Hungry Solution Helpful Resources (A-Z)

These are simply suggestions for brands that the Ludwigs have researched, have tested with the recipes in the book or used in their home. They are not compensated for any products listed here. If you have other quality brands that you prefer, please continue to use them.

Fish Oil (Supplements)

Definitely stick to respected brands, as low quality fish oil can go rancid or have heavy metals.

Suggested Brands:

Nordic Naturals: [Click here for link](#)

Zone Labs: [Click here for link](#)

Garbanzo or Garbanzo/Fava Bean Flour

Garbanzo or Garbanzo/Fava Bean Flour is a great substitute for many traditional flours. It is gluten-free, so it will have to be used with eggs or other binding ingredients to allow it to properly rise. However, the texture and flavor are great for using in waffles, crispy dessert toppings, grain patties, crackers, or other recipes.

I don't recommend using almond flour or coconut flour as substitutes as they are heavier in texture and have stronger flavors that distract from certain recipes.

Suggested Brands:

Bob's Red Mill: [Click here for link](#)

Immersion Blenders

You don't have to spend a great deal of money to get a good immersion blender, but I do suggest investing in a durable product which is usually in a mid-range price. I have been using a Cuisinart hand blender for years, and as you can imagine, it gets a lot of use in my kitchen. If you don't have a food processor or an electric mixer, an immersion blender with attachments can be helpful as it has attachments for mixing whipped cream or beating egg whites into peaks. I like hand blenders with as few plastic parts as possible.

Suggested Brands:

Cuisinart: [Click here for link](#)

KitchenAid: [Click here for link](#)

Miso

Choose a miso from the refrigerated section of your store. Miso has live bacteria like a probiotic, so it should be refrigerated. There are a number of online natural food suppliers

and miso suppliers to choose from. You may also be able to find miso in your local natural foods store.

Suggested Brands:

Miso Master: [Click here for link](#)

Rhapsody Natural Foods: [Click here for link](#)

South River Miso Company: [Click here for link](#)

Goldmine Natural Foods Ohsawa Miso [Click here for link](#)

Neutral-Tasting Oil

Using a good quality oil is essential for flavor as well as for the health benefits it provides. Since fats are such an important part of the AH Program, you'll want to pay particular attention to the kinds of oils you choose. The quality will make a difference in how your recipes taste. Try different kinds or brands of oils to see which you prefer.

My favorite neutral-tasting oils are Avocado oil and Hi-Oleic Safflower oil. Both are high in good quality monounsaturated fats, have very high smoke points, and impart a neutral flavor that works well in most recipes.

Suggested Brands:

Chosen Foods Avocado oil (available at Costco at affordable prices): [Click here for link](#)

Spectrum High Heat, Refined Safflower oil

[Click here for link](#)

Olive Oil

Make sure to buy a good quality oil. Commercial olive oils might be mixed with lower quality oils. If your olive oil doesn't get thick when refrigerated, it might not be pure olive oil. One of the products that has consistently been rated clean by a number of independent testers is Trader Joe's California Estate Olive Oil. I have been using it in my kitchen for years and love it.

Oils are considered "estate" oils when the olives come from one place rather than a mixture from many places, which makes it easier to keep a handle on quality control. Knowing your farmer or purchasing local olive oils when available is a great practice. If you don't have a local source there are some sites to guide you to quality oils.

Suggested Brands:

Trader Joe's California Estate Olive Oil: [Click here for link](#)

North American Olive Oil Association website for the most recently tested and approved brands of olive oil [Click here for link](#)

Probiotics

Find your probiotics in the refrigerated section of the store, and look for brands with a minimum 10 billion live bacteria. Different types will have different strains of probiotics. Try a few different ones and see which brands/types work best for your body. Your needs may change as your body changes too. Start with small amounts to make sure your body will adjust.

Suggested Brands:

Ultimate Flora: [Click here for link](#)

Florastor: [Click here for link](#)

Culturelle: [Click here for link](#)

Tempeh

Tempeh is a fermented soybean product with a firm “meaty” texture and nutty mushroom flavor that substitutes well for ground meat or other meat products in any recipe. Like its soybean counterpart, tofu, it absorbs flavors well creating a versatile ingredient that readily takes on the richness of oils and spices in your recipes. Because tempeh is not cooked when you buy it, we recommend pre-cooking it with oil and salt before using it in recipes. Making a big batch on prep day will make using it a snap anytime you need it.

Suggested Brands:

Rhapsody Natural Foods: [Click here for link](#)

SoyBoy: [Click here for link](#)

Tofu

I prefer Trader Joe’s extra-firm, organic tofu if you have access to one in your area. It seems to be the highest in protein, and I love the texture. It works perfectly in recipes. Otherwise, choose the extra firm brand that is available in your local market. I prefer NOT to use the vacuum-packed “Silken” brand tofu as the texture is not conducive to things like frying and cooking. Silken is best used if you are making creams or desserts with a silky texture.

Suggested Brands:

Trader Joe’s Extra Firm Organic Tofu ([available in Trader Joe’s stores](#))

Nasoya: [Click here for link](#)

Whey Protein Powder

Look for 100% percent whey protein powder that is unflavored and unsweetened. Garden of Life also makes a dairy-free, gluten-free (Vegan) formula that is quite delicious. I have tried 100% Pea Protein as a dairy-free alternative, but found the taste to be unpleasant.

Suggested Brands:

Tera’s: [Click here for link](#)

Reservage: [Click here for link](#)

(Vegan Alternative Protein) Garden of Life Raw Protein – Real Raw Original [Click here for link](#)