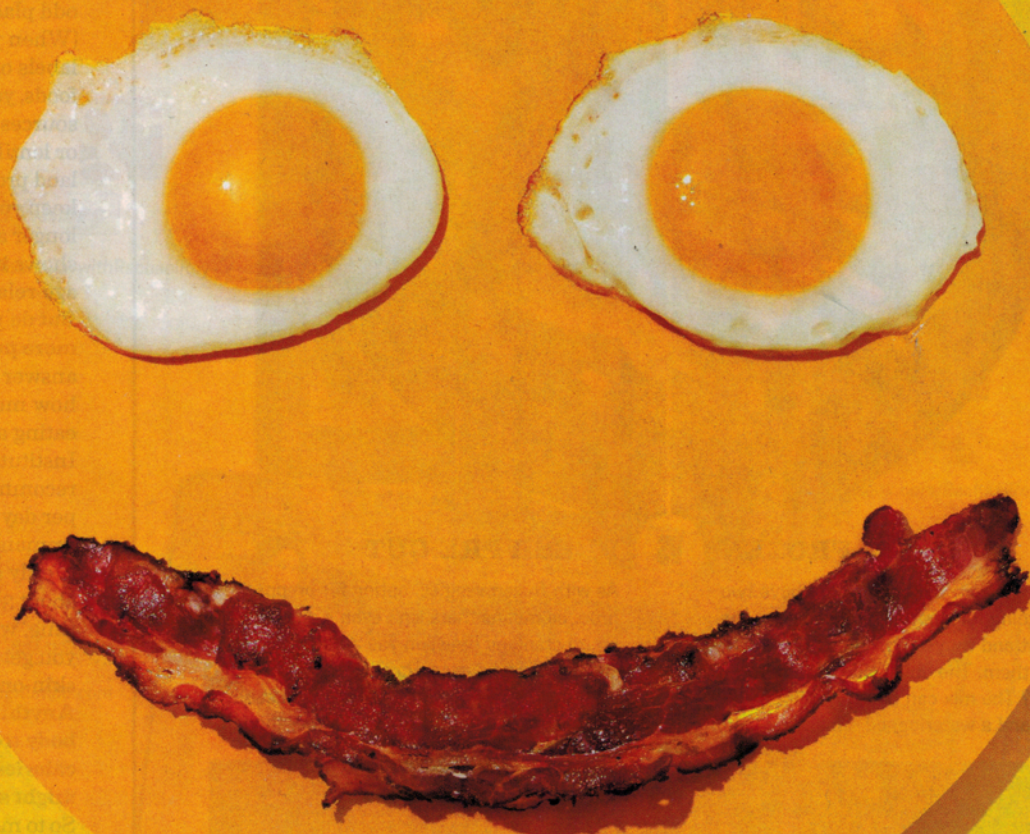


Shelf spy

Wake up happy!

Not a morning person? These new and improved A.M. options might convert you. (Early risers, try to leave some of this deliciousness for the sleepyheads!) BY NICOLE WITKO



BAGELS
Canyon Bakehouse
Gluten Free
Plain Bagels are
so good that our
bagel-snob NYC
taste testers asked
for more! (\$6.49)



ORANGE JUICE
Coconut water-OJ
hybrid Zico Chilled
Orange has less
sugar than plain
ol' OJ, with a healthy
dose of vitamin C.
(\$7.99)



COFFEE
Barnie's Coffee
Kitchen Brewsticks
are tastier than
instant but just as
quick: Stir the liquid
concentrate into hot
water. (\$6.99)



BACON
Made from beef
belly, Schmacon
has all the salty,
meaty goodness of
the porky classic
with half the
calories. (\$6.99)



MILK
A special filtration
system gives rich,
creamy Fairlife
milk more protein
and calcium
than the regular
stuff. (\$3.99)



EGGS
Go ahead, enjoy a
runny yolk! Now
sold nationwide,
Davidson's Safest
Choice Pasteurized
Eggs cut out the risk
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food and
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Smart kitchen tips
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**Stuffed
peppers,
3 ways**

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CHICKEN & CORN

QUINOA &
CHORIZO

CHIPOTLE
BEEF & BEAN

p.18

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