



The Goddess of Grub Answers Your Diet & Nutrition Qs!



Newly NATIONWIDE!

In slightly more useful food developments, there are OODLES of edible items we love that are finally rolling out nationwide.

[TRUwhip](#), the all-natural whipped topping, is now popping up in freezer aisles across America. [Starbucks VIA Ready Brew](#) (a.k.a. [the best instant coffee EVER](#)) is now available in all SB locations, as well

as Target, Costco, some United Airlines flights, and more. Lastly, the long-awaited, [lightened-up Italian Mediterranean Menu items](#) are now available at [Macaroni Grills](#) all around the country. YAY!!!

