

VEGETABLES

- Asparagus
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Celery
- Cucumbers
- Eggplant
- Green Beans
- Kale
- Lettuce
- Mushrooms
- Onions
- Peppers
- Spinach
- Summer Squash
- Swiss Chard
- Tomatoes
- Yams
- Zucchini
- _____
- _____
- _____

FRUIT

- Apples
- Avocado
- Bananas
- Blackberries
- Blueberries
- Cherries

- Grapes
- Kiwi
- Lemons
- Limes
- Melon
- Nectarine
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Strawberries
- Raspberries
- _____
- _____
- _____

SEAFOOD

- Anchovies
- Cod
- Halibut
- Salmon
- Sardines
- Scallops
- Sea Bass
- Shrimp
- Tilapia
- Tuna
- _____
- _____
- _____

EGGS, POULTRY, MEATS

- Chicken
- Bison
- Eggs
- Ground Beef
- Ground Chicken
- Ground Turkey
- Steak
- Turkey
- _____
- _____
- _____

DAIRY

- Almond Milk
- Cheese
- Coconut Milk
- Milk
- Yogurt
- _____
- _____
- _____

BUTTER & OIL

- Butter
- Ghee
- Extra-Virgin Olive Oil
- Unrefined Coconut Oil
- _____
- _____
- _____

NUTS, SEEDS, LEGUMES

- Almonds
- Almond Butter
- Black Beans
- Cashews
- Garbanzo Beans (chickpeas)
- Kidney Beans
- Lentils
- Pecans
- Pinto Beans
- Pistachios
- Pumpkin Seeds
- Navy Beans
- Sunflower Seeds
- Walnuts
- _____
- _____
- _____

BREAD & GRAINS

- Amaranth
- Brown Rice
- Quinoa
- Rolled Oats
- Whole Wheat Bread
- _____
- _____
- _____

OTHER

- _____
- _____
- _____
- _____
- Choose organic when possible
- Choose grass-fed when possible

