**PROTEINS**

Eggs

Bacon

Chicken breast

Chicken thigh

Flounder

Snapper

Trout

Halibut

Mackerel

Bass

Salmon steak

Salmon fillet

Shrimp

New York steak

Rib eye steak

Round steak

Ground beef

Beef ribs

Rump roast

Beef stew meat

Pork loin

Pork chop

Pork ribs

Baby back ribs

Bacon

Pork roast

Lamb chops

Lamb rack

Venison steaks

**VEGETABLES**

Asparagus

Avocado

Artichoke hearts

Bamboo Shoots

Bok Choy

Broccoli

Brussels sprouts

Beets

Butter Beans

Carrots

Collards

Celery

Daikon

Dandelion Greens

Eggplant

Fennel

Mushrooms

Zucchini

Fennel Root

Kale

Kohlrabi

Chard

Dandelion greens

Okra

Onions

Pea pods

Pumpkin

Radishes

Rutabaga

Snow Peas

Sprouts

Squash, zucchini

Spinach

Spring Mix

Turnip Greens

*VEGETABLES CONTINUED…*

Acorn Squash

Butternut Squash

Yam

Sweet Potato

Red pepper

Romaine

Yellow pepper

Green pepper

Red cabbage

Green cabbage

Napa cabbage

Water Chestnuts

**FATS/OILS**

Olive oil

Coconut Oil  
Walnut Oil

Macadamia oil

Avocado oil

Lard

Bacon Fat

**HERBS & SPICES**

Allspice

Adobo

Basil

Cardamom

Cinnamon

Celery seed

Dill

Fenugreek

Garlic

Ginger

Cajun/Old Bay

Curry-Red

Curry-Green

Curry-Yellow

Oregano

Cilantro

Nutmeg

Rosemary

Thyme

Garam Masala

Bay Leaf

Salt

Herbs de Provance

Chili powder

Paprika

Cumin

Black pepper

**NUTS & SEEDS**

Almonds

Brazil Nuts

Coconut

Hazelnuts

Macadamias

Pecans

Pine Nuts

Pistachios

Pumpkin Seeds

Sesame Seeds

Sunflower Seeds

Walnuts

**LEGUMES**

Chickpeas

Hummus

Lentils

Lentil Soup

Minestrone Soup

Soybeans

Tofu/Bean Curd

Black

Pinto

Red Kidney

Pink Kidney

Refried