

## vegetables

- |                                      |  |   |   |
|--------------------------------------|--|---|---|
| <input type="checkbox"/> Artichoke   | <input type="checkbox"/> Chickpeas         | <input type="checkbox"/> Kale               | <input type="checkbox"/> Shallots               |
| <input type="checkbox"/> Asparagus   | <input type="checkbox"/> Collard greens    | <input type="checkbox"/> Lettuce (any kind) | <input type="checkbox"/> Spinach                |
| <input type="checkbox"/> Avocados    | <input type="checkbox"/> Cucumber          | <input type="checkbox"/> Mushrooms          | <input type="checkbox"/> Sprouts                |
| <input type="checkbox"/> Broccoli    | <input type="checkbox"/> Eggplant          | <input type="checkbox"/> Onions             | <input type="checkbox"/> Squash                 |
| <input type="checkbox"/> Cabbage     | <input type="checkbox"/> Ginger            | <input type="checkbox"/> peas (raw)         | <input type="checkbox"/> Sweet potatoes (baked) |
| <input type="checkbox"/> Carrots     | <input type="checkbox"/> Green Beans (raw) | <input type="checkbox"/> Peppers            | <input type="checkbox"/> Tomatoes               |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Hummus            | <input type="checkbox"/> Pickles (dill)     | <input type="checkbox"/> Yams                   |
| <input type="checkbox"/> Celery      | <input type="checkbox"/> Jicama            | <input type="checkbox"/> Scallions          | <input type="checkbox"/> Zucchini               |

## fruit

- |   |   |
|---|---|
| <input type="checkbox"/> Apples (any kind)      | <input type="checkbox"/> Lemon                  |
| <input type="checkbox"/> Bananas (not too ripe) | <input type="checkbox"/> Lime                   |
| <input type="checkbox"/> Berries (any type)     | <input type="checkbox"/> Oranges                |
| <input type="checkbox"/> Cantalope              | <input type="checkbox"/> Peaches                |
| <input type="checkbox"/> Cherries               | <input type="checkbox"/> Pears                  |
| <input type="checkbox"/> Grapefruit             | <input type="checkbox"/> Plums                  |
| <input type="checkbox"/> Grapes                 | <input type="checkbox"/> Tangerines             |
| <input type="checkbox"/> Kiwi                   | <input type="checkbox"/> Unsweetened applesauce |

## protein

### Seafood: wild caught and sustainably fished if possible.

- Fish: salmon, cod, mahi mahi, herring, trout, sardines
- other: shrimp, crab, lobster, mussels, clams, oysters

### Meat: Preferably grass-fed, organic

- chicken, turkey, bison, ostrich, beef, lamb, pork
- eggs: organic is best

### Dairy

- Plain, unsweetened yogurt or kefir
- cream (only as needed for your coffee/tea)

### Fermented Soy Products

- Tempeh, miso, natto, tamari, pickled tofu

## fats and condiments

- |   |  |  |   |
|---|--|--|---|
| <input type="checkbox"/> clarified butter       | <input type="checkbox"/> Almonds               | <input type="checkbox"/> Pine nuts       | <input type="checkbox"/> Soy sauce      |
| <input type="checkbox"/> butter                 | <input type="checkbox"/> Avocado               | <input type="checkbox"/> Pumpkin seeds   | <input type="checkbox"/> Coconut aminos |
| <input type="checkbox"/> coconut oil            | <input type="checkbox"/> Cashews               | <input type="checkbox"/> Flax seed       | <input type="checkbox"/> Salsa          |
| <input type="checkbox"/> extra-virgin olive oil | <input type="checkbox"/> Coconut (unsweetened) | <input type="checkbox"/> Sunflower seeds | <input type="checkbox"/> Tomato sauce   |
| <input type="checkbox"/> olives                 | <input type="checkbox"/> Macadamia nuts        | <input type="checkbox"/> Walnuts         | <input type="checkbox"/> Vinegar        |
| <input type="checkbox"/> Brazil nuts            | <input type="checkbox"/> Pistachios            | <input type="checkbox"/> Pecans          | <input type="checkbox"/> Mustard/Mayo   |