

## PRODUCE

- Apples/Pears
- Artichokes
- Asparagus
- Avocados
- Bananas
- Beets
- Berries
- Bok Choy
- Broccoli/Rabbi
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cherries
- Collards
- Corn
- Cucumbers
- Cucumbers
- Dandelion Greens
- Dragon Fruit
- Eggplant
- Garlic
- Grapefruit
- Grapes
- Green Beans
- Kale
- Kiwi
- Lemons/Limes
- Mango
- Melons
- Mushrooms
- Onions/Scallion/Leek
- Oranges
- Papaya
- Peaches/Nectarine
- Pineapple
- Plum
- Pomogranite
- Salad Greens
- Snap Peas
- Spinach
- Squash/Zucchini
- Sweet Potatoes
- Sweet/Hot Peppers
- Turnip
- Swiss Chard

## MEAT

- Chicken
- Chicken Sausage
- Fish
- Limited Lean Beef
- Limited Lean Bison
- Limited Lean Pork
- Turkey
- Venicon

## DAIRY COOLER/DELI

- 100% Juice
- Almond Milk
- Butter
- Eggs
- Hummus
- Limited Cheese
- Limited Cows Milk
- Plain Yogurt
- Prepared Guacamole

## FROZEN

- Chicken
- Fish
- Fruit
- Seed Bread
- Vegetables
- Whole Grain Bread

## BEVERAGE

- 100% Juice
- Chia Fresca
- Dandy Greens
- Kombucha
- Limited Coffee
- Limited Red Wine
- Seltzer
- Tea
- Water



## DRY GROCERY & SNACKS

- Beans
- Brown Rice Cakes
- Cacao Nibs
- Crushed Tomato
- Dark Chocolate
- Limited Dry Fruits
- Mixed Nuts
- Mushrooms
- Organic Low Sodium Soup
- Peanut Butter
- Tortilla Shells/Chips
- Tuna
- Unsweetened Applesauce
- Unsweetened Dry Fruit

## FRESH HERBS, ROOTS & SPICES

- Chilli Powder
- Cilantro
- Cinnamon
- Cumin
- Curry
- Dill
- Fennel
- Garlic Powder
- Ginger
- Horseradish
- Mint
- Oregano
- Parsley
- Pepper
- Saffron
- Salt
- Scallion
- Turmeric
- OTHER

## SAUCES / OILS

- Coconut Oil
- Hot Sauce
- Olive Oil
- Pure Maple Syrup
- Sesame Oil
- Soy Sauce
- Vegetable Oil
- Vinegar

## CONDIMENTS

- 100 % Peanut Butter
- 100% Fig spread
- Capers
- Cocoa Powder
- Honey
- Ketchup - No Corn Syrup
- Low Sodium Soy Sauce
- Mustard
- Raisins
- Salsa
- Siracha
- 

## GRAINS & FLOURS & SEEDS

- Almond Meal/Nut Meal
- Amaranth
- Black/Mung/Lentil Pasta
- Brown Rice
- Brown Rice Pasta
- Buckwheat
- Chia Seed
- Coconut Flour
- Corn
- Flax Seed
- Millet
- Oatmeal
- Quinoa
- Wild Rice



