

VEGETABLES

- Artichoke
- Broccoli
- Cauliflower
- Eggplant
- Greens: (spinach, kale, romaine) specify: _____
- Green Beans
- Peas
- Potatoes (white, yellow, red) specify: _____
- Squash, specify: _____
- Other: _____
- Other: _____
- Asparagus
- Carrots
- Cucumber
- Garlic
- Onion
- Peppers
- Other: _____
- Other: _____



FRUITS

- Apples, specify: _____
- Avocado
- Berries, specify: _____
- Grapefruit
- Lemon
- Mango
- Pears
- Tomatoes
- Cantaloupe
- Other: _____
- Other: _____
- Other: _____
- Banana
- Grapes
- Kiwi
- Lime
- Oranges
- Pineapple
- Watermelon
- Honeydew melon
- Other: _____



BREAD

- Ezekiel
- Gluten Free
- Tortillas
- Other: _____
- Whole Grain
- Sprouted
- Other: _____
- Other: _____



PASTA

- Whole Grain
- Quinoa pasta
- Other: _____
- Brown rice pasta
- Other: _____
- Other: _____

FLOUR

- Almond Flour
- Coconut Flour
- Other: _____
- Chickpea Flour
- Whole Wheat Flour
- Other: _____

RICE/GRAINS

- Barley
- Brown Rice
- Oats
- Quinoa
- Wild Rice
- Other: _____
- Basmati Rice
- Couscous
- Millet
- Tempeh
- Other: _____



Other: _____

OILS

- Coconut Oil
- Sesame Oil
- Other: _____
- Olive Oil
- Other: _____

NUTS & SEEDS

- Almonds
- Chia Seeds
- Pecans
- Pumpkin Seeds
- Other: _____
- Cashews
- Flaxseeds
- Pistachios
- Walnuts
- Other: _____



NUT BUTTERS

- Almond Butter
- Peanut Butter
- Other: _____
- Cashew Butter
- Tahini
- Other: _____



BEANS & LEGUMES

- Black Beans
- Kidney Beans
- Lima Beans
- Split Pea
- Other: _____
- Chickpeas
- Lentils
- Soy beans or Edamame
- White Beans
- Other: _____



ORGANIC PROTEINS/MEATS

- Eggs
- Grass Fed Beef, specify: _____
- Poultry, specify: _____
- Other: _____
- Fish, specify: _____
- Other: _____

CONDIMENTS, SPICES & SEASONINGS

- Bragg's Liquid Aminos
- Mustard
- Raw Agave Nectar
- Spices, specify: _____
- Tamari
- Other: _____
- Molasses
- Pure Maple Syrup
- Raw Honey
- Vinegar, specify: _____
- Other: _____

ORGANIC DIARY

- Cheese, specify: _____
- Cottage Cheese
- Yogurt
- Coconut milk (Unsweetened)
- Other: _____
- Milk
- Almond milk (Unsweetened)
- Rice milk (Unsweetened)
- Other: _____

BEVERAGES

- Herbal Tea, specify: _____
- Coffee
- Seltzer
- Other: _____
- Flavored water (Unsweetened)
- Other: _____

