VEGETABLES

asparagus

avocado

bell pepper, red

bell pepper, yellow or orange

bok choy

broccoli

brussels sprouts

cabbage

carrots

celery

cucumber

endive

garlic

ginger

green beans

jalapenos

kale

leeks

lettuce, iceberg

lettuce, romaine

lettuce, mixed greens

mushrooms, portabella

mushrooms, shitake

mushrooms, other

onions, green

onions, red

onions, yellow

onions, white

parsnips

potatoes, sweet

radishes

shallots

snow peas

spinach leaves, baby

squash, green

squash, summer

squash, spaghetti

squash, yellow

squash, other

tomatoes

tomatoes, cherry or grape

yams

zucchini

FRUIT

apples, red

apples, green

(bananas)

blueberries, fresh

cantaloupe

cherries

coconut

grapefruit

grapes, green

grapes, red

lemon

lime

mango

oranges

papaya

peaches

pears

(pineapple)

raspberries

strawberries

GRAINS

oats, steel cut

oats, old fashioned

pearl barley

quinoa

rice, brown

buchwheat

NUTS AND SEEDS

raw almonds

raw cashew

raw walnuts

raw chia seeds

raw flax seeds

raw pumpkin seeds

raw sunflower seeds

LEGUMES

black beans

fava

garbanzo beans

lentils, green

lentils, red

lima beans

kidney beans

mung beans

pinto beans

split peas, will be found next to beans

CONDIMENTS

horseradish

ketchup without HFCS

Mayonnaise, low fat

mustard, yellow

mustard, dijon

pickles

salad dressing, olive oil & vinegar

salsa

soy sauce, lite

teriyaki sauce

balsamic vinegar

Worcestershire sauce

REFRIGERATOR CASE

Butter

eggs

almond milk

rice milk

plain yogurt

MEAT AND SEAFOOD

\*All Meat should be free range, organic, antibiotic free, and hormone free

POULTRY

chicken Breast

chicken thighs

whole chicken

turkey breast

whole turkey

ground turkey

SEAFOOD (WILD)

Halibut, steaks or fillets

Salmon fillets or steaks

Tilapia

Tuna

PASTA

Shirataki Noodles

Spagetti Squash

Zuchinni Noodles

SWEETENER

Stevia

Xylitol

VITAL SUPPLEMENTS

Multi Vitamin and Mineral Complex

Essential Fatty Acids (EPA/DHA)

Probiotics

Vitamin D

Bone Support for Women (MCHC)