

Produce:

- Apples
- Berries
- Melons
- Bananas
- Oranges, grapefruit,
- Cucumbers
- Lemons / limes
- Kale / collards / cabbage / brussels
- lettuce / arugula / spinach
- Broccoli / cauliflower
- Carrots / celery
- Asparagus
- mushrooms
- Tomatoes
- Guacamole / avocado / salsa
- Sweet potato
- Sweet peppers
- Onions / garlic
- Zucchini /squash
- Corn
- _____
- _____

Protein:

- White fish
- Salmon
- Shrimp
- Crabmeat
- Ground turkey / chicken
- Chicken breast
- tempeh / seitan / tofu
- _____

Dairy-Cold-Prepared Foods

- 0% Greek yogurt
- Fat free milk
- Eggs / egg whites
- String cheese
- Daiya vegan shredded cheese
- Ground Parmesan
- Tzatzaki
- Hummus
- Hard boiled eggs
- packaged Udon noodles
- Deli meat
- Natural Turkey / Canadian bacon
- Natural Balance Spread
- _____
- _____

Frozen:

- Ezekiel' s Bread & english muffins
- Brown rice bread
- Whole wheat wraps
- Fruit for smoothies
- Whole grain Waffles
- Whole grain pizzas
- Endamame
- Frozen low-fat yogurt
- _____
- _____

Other:

- _____
- _____
- _____
- _____
- _____

Condiments & Snacks:

- Organicville BBQ Sauce
- Annies ketchup
- Dijon mustard
- Veganaise
- Nut butters
- Nutella / packets
- Pistachio nuts, pumpkin seeds, almonds, walnuts, cashews,
- Dried fruit: apricots, cranberries, figs
- Boom Chicka Pop bagged light popcorn
- Braggs / tamari
- Almond thin crackers - touch of sea salt
- Apple cider vinegar
- Kind, Luna, Think Thin, or Skinny Girl energy Bars
- Freeze dried fruit
- Dried seaweed snacks
- _____
- _____
- _____

Beverages:

- La Croix sparkling water (lime)
- Mineral water / electrolyte packets
- Unsweetened ice tea
- Coconut water
- wine
- _____
- _____
- _____

Oils:

- Olive
- Canola / spray
- Coconut
- Grapeseed

Other:

- _____
- _____
- _____

Bulk / Pantry / Cans:

- Psyllium husks
- Ground flax
- Protein powder
- Sardines
- Anchovies
- Canned pink salmon
- Beans: black eyed peas, garbanzos, kidney, black, white
- Dried kelp noodles
- Quinoa
- Brown rice
- Marinara Sauce
- Whole grain pancake mix
- Bear naked protein granola
- Whole oats / Scottish oats
- Honey / stevia / maple syrup
- Blue Diamond unsweetened vanilla almond milk
- _____
- _____
- _____