

Grocery

- Artichokes
- Asparagus
- Beets
- Bok choy
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chicory
- Collards
- Corn
- Cucumber
- Eggplant
- Endive
- Fennel
- Ginger
- Green Beans
- Hearts of Palm
- Jicama
- Kale
- Mustard greens
- Okra
- Parsnips
- Radishes
- Snow Peas
- Sprouts
- Swiss chard
- Turnip greens
- Turnips

BELL PEPPERS

- Green
- Orange
- Red
- Yellow

MUSHROOMS

- Cremini
- Portabello
- Shitake
- White

GARLIC/ONIONS

- Chives
- Garlic
- Green
- Leeks
- Purple/Red
- Scallion
- Shallots
- White
- Yellow

POTATOES

- Fingerling
- Golden
- Purple
- Red
- Russet
- Sweet
- White
- Yams

SALAD GREENS

- Arugula
- Butterhead
- Dandelion
- Iceberg
- Oak Leaf
- Romaine
- Spinach
- Mesclun
- Watercress

SQUASH

- Acorn
- Butternut
- Calabazza
- Delicata
- Hubbard
- Kabocha
- Pumpkin
- Spaghetti
- Yellow
Crookneck
- Zucchini

HERBS

- Anise
- Basil
- Bay Leaves
- Chervil
- Cilantro
- Coriander
- Curry Leaves
- Dill
- Italian Parsley
- Lemon Grass
- Marjoram
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Savory
- Tarragon
- Thyme

SPICES

- Allspice
- Black Pepper
- Cayenne
- Cinnamon
- Chili
- Cloves
- Cumin
- Curry
- Ginger
- Mace
- Mustard Powder
- Nutmeg
- Paprika
- Peppercorns
- Red Pepper
- Saffron
- Sea Salt
- Star Anise
- Turmeric
- White Pepper

Grocery

- Apples
- Apricot
- Avocado
- Bananas
- Cherries
- Coconut
- Guava
- Kiwis
- Kumquat
- Lychee
- Mango
- Nectarine
- Olives
- Oranges
- Papaya
- Peaches
- Pears
- Persimmon
- Pineapple
- Plums
- Pomegranate
- Prunes
- Starfruit
- Tamarillo
- Tomatoes

BERRIES

- Acai
- Blackberries
- Blueberries
- Cranberries
- Grapes
- Raspberries
- Strawberries

CITRUS

- Grapefruit
- Lemons
- Limes
- Oranges
- Satsuma
- Tangelos
- Tangerines

DRIED FRUITS

- Apricot
- Blueberries
- Cherries
- Coconut
- Cranberries
- Currants
- Dates
- Figs
- Goji Berries
- Papaya
- Plums (prunes)
- Raisins
- Sultanas
- Sundried Tomato

MELONS

- Cantalope
- Honeydew
- Watermelon

**NUTS/SEEDS -
Raw (no salt)**

- Almonds
- Brazil Nuts
- Cashews
- Chestnuts
- Coconut
- Hazelnut (Filberts)
- Macadamia
- Peanuts
- Pecans
- Pine Nuts
- Pistachio
- Pumpkin Seeds
- Sunflower Seeds
- Walnuts

DAIRY

- Butter
- Cheese
- Cottage Cheese
- Eggs/Whites
- Milk
- Yogurt

MEAT

- Beef
- Chicken
- Fish
- Turkey
- Pork

OTHER

- Barley
- Beans
- Bread
- Brown Rice
- Cooking Wine
- Fruit Spread
- Lentils
- Nut Butter
- Nut Milk
- Pure Maple Syrup
- Oatmeal
- Pasta
- Quinoa
- Raw Honey
- Rice
- Spelt
- Stevia
- Vinegar
- Oil
