

Produce

Apples
Bananas
Plums
Lemons
Blueberries
Raspberries
Strawberries
Pears
Tomatoes
Cucumber
Broccoli
Asparagus
Carrots
Beets
Leeks
Spinach
Sweet Potato
Brussels Sprouts
Green Beans
Onions
Radishes
Sprouts
Romaine Lettuce

Grains

Oatmeal
Quinoa
Brown Rice

Spices

Cinnamon
Assorted Fresh
Herbs

Dairy

Eggs
Unsweetened
Almond Milk

Meat/Seafood

Chicken Breast
Turkey Breast
Trout
Bison
Tilapa

Nuts/Seeds

Walnuts
Flaxseed
Almonds
Cashews

Oils/Condiments

Hummus
Almond Butter

Miscellaneous

Vanilla Protein
Powder
Coffee
Caffeine-free
Herbal Tea

Canned

Canned Tuna,
water-packed
Black Beans