

VEGETABLES	FRUITS	FROZEN FOODS
Baby carrots	Apples	Edamame
Cucumbers	Oranges	Pineapple
Cabbage	Bananas	Berries for smoothies
Kale	Mangos	Riced cauliflower
Baby Spinach	Grapes	GF bread
Sweet potatoes	Berries	GF tortillas
Baby red potatoes	Lemons	Multi-grain waffles
Mushrooms	Limes	Coconut milk ice cream
Beets	Grape tomatoes	100% fruit popsicles
Bell peppers	Avocados	
Onions		DAIDY 9. CLIDC
Broccoli	SEAFOOD & MEATS	DAIRY & SUBS
Cauliflower		Free range eggs
 Zucchini	Lean all white ground turkey	Milk 2%
Chopped salad mixes	Chicken breasts	Milk -Unsweetened Vanilla Almond
Garlic	Chicken tenderloins	Milk - Unsweetened Soy
Ginger	Salmon	Smart balance spread
Cilantro	Shrimp	Fresh mozzarella
Fresh herbs	Clean deli meat (no nitrates)	Coconut milk yogurt
	New York strip steak	Greek full fat yogurt
NUTS & SEEDS	Tofu-firm (vegetarian)	String cheese
Chia seeds	1575. 11711. (10800011011)	Sliced deli cheese (havarti, swiss,
Hemp seeds		provolone)
Raw almonds	BEVERAGES	Shredded sharp
Raw cashews	100% orange juice	cheddar cheese
Pistachios	Herbal teas	Kefir
	Sparkling fruit water	
	Kombucha	
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PASTA & GRAINS	CANNED & BOTTLED	CONDIMENTS
Old fashioned oats	Beans (black, great	Mustard
Bobs Red Mill GF	northern and garbanzo)	Ketchup (low sugar)
oatmeal cups  Quinoa	Coconut milk (full fat and lite)	Oils (olive, avocado, coconut)
Brown rice	Coconut cream	RAW local honey
Seeds of change	Fire roasted tomatoes	Maple sugar
packets	Wild caught tuna	Pure maple syrup
Puffed millet	Adams all natural peanut butter	Vinegar (balsamic, red
Whole grain cereal	Justin's almond butter	wine, apple cider)
Purely Elizabeth GF granola	Jams (low sugar)	Clean mayo
Whole wheat pasta	Pickles	Coconut aminos
Gluten Free pasta	Olives	Tessemaes ranch dressing
(lentil, chickpea ect)		Tessemaes honey poppy
Sourdough bread		seed dressing
Whole wheat english muffins		Bolthouse farms ranch dressing
Corn tortillas		Bolthouse farms blue cheese dressing
Kodiak cakes power cakes		BBQ sauce
		Franks hot sauce
SNACKS & TREATS		Hummus
Dried fruit	Apple Sauce	
Fruit leather	Fig bars	OTHER
Popcorn	Trail mix	
RW Garcia GF sweet	RX bars	
potato crackers	High fiber granola bars	
Milton's GF baked sea salt crackers	Whole wheat pretzels	
Pita chips	Veggie straws	
Pirates Booty	Enjoy Life mini chocolate chips	