

VEGETABLES

- Baby carrots
- Cucumbers
- Cabbage
- Kale
- Baby Spinach
- Sweet potatoes
- Baby red potatoes
- Mushrooms
- Beets
- Bell peppers
- Onions
- Broccoli
- Cauliflower
- Zucchini
- Chopped salad mixes
- Garlic
- Ginger
- Cilantro
- Fresh herbs

NUTS & SEEDS

- Chia seeds
- Hemp seeds
- Raw almonds
- Raw cashews
- Pistachios
- _____

FRUITS

- Apples
- Oranges
- Bananas
- Mangos
- Grapes
- Berries
- Lemons
- Limes
- Grape tomatoes
- Avocados

SEAFOOD & MEATS

- Lean all white ground turkey
- Chicken breasts
- Chicken tenderloins
- Salmon
- Shrimp
- Clean deli meat (no nitrates)
- New York strip steak
- Tofu-firm (vegetarian)

BEVERAGES

- 100% orange juice
- Herbal teas
- Sparkling fruit water
- Kombucha

FROZEN FOODS

- Edamame
- Pineapple
- Berries for smoothies
- Riced cauliflower
- GF bread
- GF tortillas
- Multi-grain waffles
- Coconut milk ice cream
- 100% fruit popsicles

DAIRY & SUBS

- Free range eggs
- Milk 2%
- Milk -Unsweetened Vanilla Almond
- Milk - Unsweetened Soy
- Smart balance spread
- Fresh mozzarella
- Coconut milk yogurt
- Greek full fat yogurt
- String cheese
- Sliced deli cheese (havarti, swiss, provolone)
- Shredded sharp cheddar cheese
- Kefir
- _____
- _____

