

Herbal Teas
(caffeine-free only)

Cereal

Amaranth
Cream of Buckwheat (*Pocono*)
Quinoa

Deli

Ham / Pastrami / Pepperoni
Roast Beef / Turkey

Proteins

Eggs
Buffalo / Beef patties
Beef: ground _____ lbs
London Broil / Roast /
Stew meat
Steak
Bacon: Canadian / Turkey
Can: Tuna / Turkey / Chicken
Chicken: breasts / legs / tenders
thighs / whole
Pork: Chops / Pancetta
Prosciutto/ Tenderloin
Sausage: Chick. / Italian
Seafood: _____
Turkey: cutlets / whole

Canned Fruits & Vegetables

Fruit: (with no sugar, corn syrup or artificial sweeteners)
Apricots / Fruit Cocktail
Mandarin Oranges / Peaches
Pineapple / Pumpkin

Vegetables:
Artichoke hearts
Beans: baked, black, pinto,
refried, white
Mushrooms / Olives / Pimentos
Peppers: Green Chile / Rsted red
Salsa: fresh / verde / jar
Water Chestnuts
Tomatoes: crushed, diced,
stewed, paste, sauce

Dry items

Beans _____
Lentils / Split Peas

Dried Spices/Herbs

Allspice, Anise, Arrowroot, Basil,
Bay leaves, Cayenne,
Celery seed, Chili Powder,
Cinnamon, Cloves, Dill,
Garlic Powder, Ginger,
Lemon Pepper, Marjoram,
Nutmeg, Onion powder,
Oregano, Paprika, Parsley,
Pasta Seasoning,
Pepper: whole black
Pickling Spice
Pumpkin Pie Spice, Rosemary,
Saffron, Sage, Sea Salt,
Sesame seeds, Tarragon,
Thyme,

Frozen Foods

Fruit: (with no sugar, corn syrup or artificial sweeteners)
Blueberries / Mango / Pineapple
Raspberries / Strawberries

Vegetables:
Asparagus / Broccoli / Carrots /
Garlic / Green Beans Peppers /
Peas / Spinach
Combos: peas & carrots / mixed

Fresh Fruit

Apples: _____
Avocado, Bananas, Blueberries,
Cantaloupe, Casaba Melon,
Cherries, Coconut (shredded),
Grapefruit, Grapes: red, green
Honey Dew melon, Kiwi,
Lemons, Limes, Nectarines,
Oranges, Peaches, Pears,
Pineapple, Plums, Pomegranates
Raspberries, Tangerines,
Strawberries, Watermelon

Fresh Vegetables

Artichokes, Asparagus, Basil
Bean Sprouts, Beets, Broccoli,
Cabbage: green, red
Cauliflower
Carrots: bag / shred / snack size
Celery / Chard / Chives / Collard
Endive / Cucumbers Garlic /
Gingerroot / Green beans
Jicama / Kale / Leeks / Parsnips
Lettuce: Baby greens, Iceberg,
Prepared, Romaine, red-leaf
Mushrooms,
Onions: green, red, yellow
Parsley: Italian, curly
Peppers: green, red, yellow
Radishes, Rosemary, Spinach
Squash: banana, summer,
Butternut, zucchini
Sweet potatoes
Tomatoes: grape / other
Turnips, Watercress, Yams

Nuts/Seeds/Dried Fruit

Almonds / Almond Butter
Cashews / Cashew Butter Mixed
Nuts / Peanuts / Pecans Pine
Nuts / Pistachios
Peanut Butter: creamy, crunchy
Sunflower seeds / Walnuts

Dairy

Almond milk – unsweetened
Coconut Milk – unsweetened

Condiments/Other

(with no sugar, corn syrup or artificial sweeteners)
Coconut Aminos (soy-sauce
flavor)
Broth: Beef / Chicken / Vegetable
Gelatin, unflavored
Hummus
Mayonnaise / Mustard
Relish, dill
Non-stick Spray
Oil: Coconut / Flaxseed
Grapeseed / Olive / Peanut

Salad Dressing: Italian (no sugar)
Sauces: BBQ (*Simple Girl* brand)
Enchilada / Hot / Marinara
Pesto
Sweeteners: Stevia
Vanilla extract
Vinegar: apple cider / balsamic
