Protein

- Eggs
- Beef (Ground)
- Beef (Steak)
- Beef (Other)
- Chicken (Ground)
- Chicken (Breast/Thigh)
- Chicken (Sausage)
- Chicken (Whole)
- Pork (Ground)
- Pork (Chops)
- Pork (Sausage)
- Pork (Bacon)
- Deli Meat
- Turkey (Ground)
- Turkey (Whole)
- Turkey (Other)
- Salmon
- Whitefish
- Shrimp
- Scallops
- Seafood (Other)

Vegetables

- Acorn Squash
- Artichoke
- Arugula
- Asparagus
- Beets
- Bell Peppers
- Bok Choy
- Broccoli/Broccolini
- Broccoli Rabe
- Brussels Sprouts
- Buttercup Squash
- Butternut Squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Corn
- Cucumber
- Delicata Squash
- Eggplant
- Endive
- Fennel (Anise)
- Frisée (Curly Endive)
- Garlic
- Green Beans
- Greens (beet, mustard, turnip)
- Jalapeño/Hot Peppers (all)
- Kale
- Leeks
- Lettuce (all)
- Lima Beans
- Mushrooms (all)
- Okra
- Onion
- Parsnips
- Peas
- Potatoes (all)
- Pumpkin
- Radish
- Rutabaga
- Rhubarb
- Romaine
- Shallots
- Snow Peas
- Sugar Snap Peas
- Spaghetti Squash
- Spinach
- Sprouts
- Summer Squash
- Sweet Potato/Yams
- Swiss Chard
- Tomato
- Turnip
- Zucchini

Fruit

- Apples (all)
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cherries
- Dates
- Figs
- Grapefruit
- Grapes (all)
- Jicama
- Kiwi
- Lemon
- Lime
- Mango
- Melon
- Nectarines
- Oranges (all)
- Papaya
- Peaches
- Pears (all)
- Pineapple
- Plantains
- Plum
- Pomegranate
- Raspberries
- Strawberries
- Tangerines
- Watermelon
<table>
<thead>
<tr>
<th>COOKING FATS</th>
<th>EATING/DRESSING</th>
<th>NUTS AND SEEDS</th>
<th>Herbs &amp; Spices</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Clarified Butter</td>
<td>□ Avocado</td>
<td>□ Almonds</td>
<td>□ Allspice</td>
</tr>
<tr>
<td>□ Duck Fat</td>
<td>□ Avocado Oil</td>
<td>□ Almond Butter</td>
<td>□ Basil (Fresh/Dried)</td>
</tr>
<tr>
<td>□ Ghee</td>
<td>□ Coconut Butter</td>
<td>□ Brazil Nuts</td>
<td>□ Bay Leaves</td>
</tr>
<tr>
<td>□ Coconut Oil</td>
<td>□ Coconut Oil</td>
<td>□ Cashews</td>
<td>□ Black Pepper</td>
</tr>
<tr>
<td>□ Extra Virgin Olive Oil</td>
<td>□ Coconut (Flakes, Shredded)</td>
<td>□ Hazelnuts/Filberts</td>
<td>□ Black Peppercorns</td>
</tr>
<tr>
<td>□ Lard (Pork Fat)</td>
<td>□ Coconut Milk (Canned)</td>
<td>□ Macadamia Nuts</td>
<td>□ Cayenne</td>
</tr>
<tr>
<td>□ Palm Oil</td>
<td>□ Light Olive Oil</td>
<td>□ Pecans</td>
<td>□ Chili Powder</td>
</tr>
<tr>
<td>□ Tallow (Beef Fat)</td>
<td>□ Olives (all)</td>
<td>□ Pistachio</td>
<td>□ Chives</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Pantry</th>
<th>Drinks</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Almond Flour</td>
<td>□ Canned Tuna</td>
<td>□ Hot Sauce</td>
</tr>
<tr>
<td>□ Apple Cider Vinegar</td>
<td>□ Capers</td>
<td>□ Mustard (all)</td>
</tr>
<tr>
<td>□ Arrowroot Powder</td>
<td>□ Chicken Broth</td>
<td>□ Pickles (all)</td>
</tr>
<tr>
<td>□ Balsamic Vinegar</td>
<td>□ Cocoa (100% Cacao)</td>
<td>□ Raisins</td>
</tr>
<tr>
<td>□ Beef Broth</td>
<td>□ Coconut Aminos</td>
<td>□ Red Wine Vinegar</td>
</tr>
<tr>
<td>□ Canned Butternut Squash</td>
<td>□ Coconut Flour</td>
<td>□ Rice Vinegar</td>
</tr>
<tr>
<td>□ Canned Pumpkin</td>
<td>□ Dried Cranberries</td>
<td>□ Roasted Red Peppers</td>
</tr>
<tr>
<td>□ Canned Sweet Potato</td>
<td>□ Dried Fruit</td>
<td>□ Sardines</td>
</tr>
<tr>
<td>□ Canned Salmon</td>
<td>□ Fish Sauce</td>
<td>□ Tapioca Starch</td>
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<tr>
<th>Drinks</th>
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</tr>
</thead>
<tbody>
<tr>
<td>□ Apple Cider</td>
<td>□ Mineral Water</td>
</tr>
<tr>
<td>□ Cacao (100%) Drinks</td>
<td>□ Naturally Flavored Water</td>
</tr>
<tr>
<td>□ Club Soda</td>
<td>□ Seltzer Water</td>
</tr>
<tr>
<td>□ Coconut Water</td>
<td>□ Sparkling Water</td>
</tr>
<tr>
<td>□ Coffee</td>
<td>□ Tea (all)</td>
</tr>
<tr>
<td>□ Fruit Juice (all)</td>
<td>□ Vegetables Juice</td>
</tr>
</tbody>
</table>

- □ Flax Seeds
- □ Pine Nuts
- □ Pumpkin Seeds/Pepitas
- □ Sesame Seeds
- □ Sunflower Seeds
- □ Sunflower Seed Butter
- □ Walnuts

- □ Almonds
- □ Almond Butter
- □ Brazil Nuts
- □ Cashews
- □ Hazelnuts/Filberts
- □ Macadamia Nuts
- □ Pecans
- □ Pistachio
- □ Flax Seeds
- □ Pine Nuts
- □ Pumpkin Seeds/Pepitas
- □ Sesame Seeds
- □ Sunflower Seeds
- □ Sunflower Seed Butter
- □ Walnuts