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## Veaetables

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	☐ Eggs	☐ Turkey (Ground	d)	Pork (Ground)	
			)	Pork (Chops)	
	· · · · · · · · · · · · · · · · · · ·			☐ Pork (Sausage)	
	☐ Beef (Other)	Salmon		☐ Pork (Bacon)	
	☐ Chicken (Ground)	Whitefish			
	☐ Chicken (Breast/Thigh)				
	☐ Chicken (Sausage)	Scallops			
	Chicken (Whole)	Seafood (Othe	r)	_ 🗆	
	☐ Acorn Squash	☐ Celery	☐ Lettuce (all)	☐ Sugar Snap Peas	
	☐ Artichoke	☐ Collard Greens	☐ Lima Beans	☐ Spaghetti Squash	
	☐ Arugula	☐ Corn	☐ Mushrooms (all)	☐ Spinach	
	☐ Asparagus	☐ Cucumber	☐ Okra	☐ Sprouts	
	Beets	☐ Delicata Squash	☐ Onion	☐ Summer Squash	
	☐ Bell Peppers	☐ Eggplant	☐ Parsnips	☐ Sweet Potato/Yam	
	☐ Bok Choy	☐ Endive	☐ Peas	☐ Swiss Chard	
	☐ Broccoli/Broccolini	☐ Fennel (Anise)	☐ Potatoes (all)	☐ Tomato	
	☐ Broccoli Rabe	☐ Frisée (Curly Endive)	☐ Pumpkin	☐ Turnip	
	☐ Brussels Sprouts	☐ Garlic	$\square$ Radish	☐ Zucchini	
	☐ Buttercup Squash	☐ Green Beans	☐ Rutabaga		
	☐ Butternut Squash	☐ Greens (beet, mustard, turnip	) 🗌 Rhubarb		
	☐ Cabbage	☐ Jalapeño/Hot Peppers (all)	☐ Romaine		
	☐ Carrots	☐ Kale	☐ Shallots		
	☐ Cauliflower	☐ Leeks	☐ Snow Peas		
) ) ) )	☐ Apples (all)	☐ Grapefruit	☐ Nectarines	☐ Pomegranate	
	☐ Apricots	☐ Grapes (all)	☐ Oranges (all)	☐ Raspberries	
	☐ Bananas	☐ Jicama	□ Рарауа	☐ Strawberries	
	☐ Blackberries	☐ Kiwi	☐ Peaches	☐ Tangerines	
	☐ Blueberries	☐ Lemon	☐ Pears (all)	☐ Watermelon	
	☐ Cherries	☐ Lime	☐ Pineapple	□	
	☐ Dates	☐ Mango	☐ Plantains		
	☐ Figs	☐ Melon	☐ Plum		



<b>~</b>	COOKING FATS	EATING/DRESSING	NUTS AND SEEDS	
Fat	☐ Clarified Butter ☐ Duck Fat ☐ Ghee ☐ Coconut Oil ☐ Extra Virgin Olive Oil ☐ Lard (Pork Fat) ☐ Palm Oil ☐ Tallow (Beef Fat)	<ul> <li>□ Avocado</li> <li>□ Avocado Oil</li> <li>□ Coconut Butter</li> <li>□ Coconut (Flakes, Shredded)</li> <li>□ Coconut Milk (Canned)</li> <li>□ Light Olive Oil</li> <li>□ Olives (all)</li> <li>□ Sesame Oil</li> </ul>	☐ 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 ☐
Herbs & Spices	☐ Allspice ☐ Basil (Fresh/Dired) ☐ Bay Leaves ☐ Black Pepper ☐ Black Peppercorns ☐ Cayenne ☐ Chili Powder ☐ Chipotle Powder ☐ Chives	☐ Cilantro (Fresh/Dried) ☐ Cinnamon ☐ Cloves (Ground) ☐ Cumin ☐ Curry Powder (Red/Yellow) ☐ Dill (Fresh/Dried) ☐ Garlic Powder ☐ Ginger (Fresh/Dried) ☐ Ground Cloves	☐ Lemongrass ☐ Mustard Powder ☐ Nutmeg ☐ Onion Powder ☐ Oregano (Fresh/Dried) ☐ Paprika ☐ Parsley (Fresh/Dried) ☐ Red Pepper Flakes ☐ Rosemary (Fresh/Dried)	☐ Sage (Fresh/Dried) ☐ Salt (Iodized/Sea Salt) ☐ Thyme (Fresh/Dried) ☐ Wasabi Powder ☐
Pantry	☐ Almond Flour ☐ Apple Cider Vinegar ☐ Arrowroot Powder ☐ Balsamic Vinegar ☐ Beef Broth ☐ Canned Butternut Squash ☐ Canned Pumpkin ☐ Canned Sweet Potato ☐ Canned Salmon	☐ Canned Tuna ☐ Capers ☐ Chicken Broth ☐ Cocoa (100% Cacao) ☐ Coconut Aminos ☐ Coconut Flour ☐ Dried Cranberries ☐ Dried Fruit	☐ Hot Sauce ☐ Mustard (all) ☐ Pickles (all) ☐ Raisins ☐ Red Wine Vinegar ☐ Rice Vinegar ☐ Roasted Red Peppers ☐ Sardines ☐ Tapioca Starch	☐ Tomato Paste ☐ Tomatoes (Diced/Crushed) ☐ Tomatoes (Sun-Dried) ☐ Vegetable Broth ☐ White Vinegar ☐
Druks	☐ Apple Cider ☐ Cacao (100%) Drinks ☐ Club Soda ☐ Coconut Water ☐ Coffee ☐ Fruit Juice (all) ☐ Kombucha	<ul> <li>☐ Mineral Water</li> <li>☐ Naturally Flavored Water</li> <li>☐ Seltzer Water</li> <li>☐ Sparkling Water</li> <li>☐ Tea (all)</li> <li>☐ Vegetables Juice</li> </ul>	Other	