

Food List

Vegetables		Fruits	Fresh/Dried/Juice
Artichoke		Acai	
Arugula			
Asparagus		Apples	
Avocados		Apricots	
Beets		Bananas	
Bell Peppers		Blackberries	
Red		Blueberries	
Green		Cantaloupe	
Yellow		Cherries	
Broccoli		Coco nibs (raw)	
Brussels Sprouts		Coconut	
Cabbage		Cranberries	
Red			
Green			
Carrots		Dates	
Cauliflower		Figs	
Celery		Gogi	
Collard Greens		Grapefruit	
Corn		Grapes	
Cucumbers		Kiwifruit	
Hot House			
Burpee			
Persian			
Eggplant		Lemon/Limes	
Fennel		Mango	
Garlic		Nectarines	
Ginger		Oranges	
Green Beans		Papaya	
Green Peas		Peaches	
Jalapenos		Pears	
Jicama		Pineapple	
Kale		Plums	
Dino			
Green			
Purple			
Leeks		Pomegranate	
Mushrooms, Crimini		Raisins	
Mushrooms, Portobello			
Mushrooms, Shiitake		Raspberries	
Mustard Greens		Strawberries	

Food List

Olives Black		Watermelon	
Olives, Green			
Olives, Kalamata			
Onions, Red		Eggs & Dairy	
Onions, White			
Onions, Green			
Onions yellow/brown			
Potatoes		Cottage Cheese	
Red		Non-fat	
Russet		Low-fat	
Purple		Cheeses	
White		American	
Gold		Jack	
Radishes		Cheddar	
		Feta Goat	
		Feta Sheep	
Romaine Lettuce		Havarti	
Rudabega		Provolone	
Sauerkraut			
Sea Vegetables		Mozzarella	
Spinach		Brie	
Squash, summer		Parmesan	
Squash, winter		Romano	
Squash, acorn		Eggs	
Squash, butternut		Fertilized	
Squash, pumpkin		Yolks	
Sweet Potatoes		Whites	
Swiss Chard		Milk	
Tomatoes		Cow	
Red		Goat	
Green		Almond	
Gold		Coconut	
Turnips		Rice	
Greens		Hemp	
Yams		Yogurt	
Seafood		Nonfat	
Ahi		Lowfat	
Clams		Beans & Legumes	
Cod		Anasazi Beans	
Halibut		Black Beans	

Food List

Lobster		Dried Peas	
Mahi Mahi		Garbanzo Beans (Chickpeas)	
Salmon		Kidney Beans	
Scallops		Lentils	
Sea Bass		Lima Beans	
Shrimp			
Tempeh		Navy Beans	
Trout		Pinto Beans	
Tofu		Soybeans	
Tuna		Natural Sweeteners	
Poultry & Lean Meats		Agave	
Beef, lean organic		Blackstrap Molasses	
Buffalo		Cane Juice	
Calf's Liver		Honey	
Chicken		Maple Syrup	
Duck		Stevia	
Elk		Xylitol	
Lamb		Other	
Turkey		Green Tea	
Venison		Black Tea	
Nuts, Seeds & Oils		Soy Sauce (Tamari)	
Almond		Vinegars	
Avocado Oil		Apple cider	
Canola Oil		Balsamic	
Cashews		Rice	
Coconut oil			
Corn Oil		MSG	
Flaxseeds		Water	
Macadamia		Spices & Herbs	Fresh/Dried
Olive oil, extra virgin		Basil	
Peanuts		Black pepper	
Pepitas			
Pumpkin seeds		Cayenne Pepper	
Rice Bran Oil		Chili pepper, dried	
Safflower Oil		Cilantro/Coriander seeds	
Sesame seeds		Cinnamon, ground	
Sunflower seeds		Cloves	
Walnuts		Cumin seeds	
Grains		Dill	
Barley		Ginger	

