

VEGETABLES

Arrowroot	Endive	pepperoncini, jalapeno,
Arugula	Fennel	Radicchio
Asparagus	Jicama	Radishes
Beans: green, yellow, French, string	Kale	Rhubarb
Bok choy	Leeks	Shallot
Broccoli	Lettuce, except iceberg	Spinach
Cabbage, all types	Mixed greens	Spirulina
Celery	Mushrooms	Swiss chard
Collard greens	Mustard greens	Watercress
Cucumbers	Onions: all type	Wheatgrass
	Peppers: bell, green chile	

FRUITS

Lemon	Lime
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ANIMAL PROTEINS

Beef, all lean cuts: filet, tenderloin, strip, sirloin, shell steak, London broil, round steak, rump roast, stew meat, lean ground	turkey, roast beef	Oysters, packed in water
Buffalo meat	Dory fish fillet	Pork: loin roast, tenderloin
Chicken: boneless, skinless white meat	Egg whites: egg white powder, 100%	Salmon, nitrite-free, smoked
Cod/scrod fillet	Flounder fillet	Sardines, packed in water
Corned beef, nitrite free	Game: venison, ostrich, elk,	Sole fillet
Crawfish	Gelatin: grass fed beef	Tuna: fresh, packed in water, solid white
Deli meat, nitrite-free: chicken,	Halibut	Turkey: bacon (nitrate-free), breast, lean ground
	Jerky, nitrite-free: beef, buffalo, turkey, elk, ostrich	
	Lamb, lean cuts	
	Mussels	

HERBS, SPICES, & CONDIMENTS

Agar	sugar, alcohol free.	Pysillium Husk
Arrowroot	Fast Metabolism Quick & Easy	Stevia, pure
Bragg's liquid aminos	Dessert and Snack Mix	Tabasco
Brewer's yeast	Frank's Hot Sauce	Tamari
Broth: beef, chicken, vegetable	Ginger	Vanilla
Cacao Powder or nibs, Raw	Guar gum	Vinegar, any type except rice
Capers	Herbal tea, non-caffeinated	Water chestnuts
Coconut Aminos	Horseradish, prepared	Xanthan gum
Dried or fresh herbs and spices: all types	Monk Fruit Extract: 100%	Xylitol, birch
Dandy Blend, Pero	Mustard	
Extracts/Flavoring: all types, no	Nutritional yeast	
	Pickle, no sugar added	