### Fruits
- Apples
- Apricots
- Berries: Blackberries, Blueberries, Raspberries, Strawberries
- Cherries
- Citrus: Grapefruit, Lemons, Limes, Nectarines, Oranges, Tangerines
- Dates
- Figs
- Grapes
- Jicama
- Kiwi
- Mangoes
- Melon
- Papaya
- Peaches
- Pears
- Pineapple
- Plantains
- Plums

### Pantry Staples
- Almond Flour
- Arrowroot Powder
- Botanical Extracts: Vanilla, Lemon, Lavender
- Broth
- Capers
- Cauliflower rice
- 100% Cocoa
- Coconut Aminos
- Coconut Flour
- Condiments: Hot Sauce,
- Mayonnaise, Mustard
- Dried Fruit
- Fish Sauce
- Iodized Salt
- Pickles
- Raisins
- Salsa
- Sardines
- Spices and Herbs
- Tapioca Starch
- Vinegar: Apple Cider, Balsamic, Red Wine, White

### Drinks
- Apple Cider
- Almond Milk or Cashew Milk
- Club Soda
- Coconut Water
- Coffee
- Fruit Juice
- Kombucha
- Mineral Water
- Naturally Flavored Water
- Seltzer or Sparkling Water
- Tea or Matcha
- Vegetable Juice

### Fats

#### Dressing and Topping
- Avocado and Avocado Oil
- Olives
- Coconut Butter and Coconut Milk
- Coconut Flakes and Shredded Coconut
- Sesame Oil
### FATS CONT.

**COOKING**
- Ghee or Clarified Butter
- Duck Fat
- Coconut Oil
- Extra-Virgin Olive Oil
- Lard
- Palm Oil
- Tallow

**NUTS AND SEEDS**
- Almonds and Almond Butter
- Brazil Nuts
- Cashews
- Hazelnuts
- Macadamia Nuts
- Pecans
- Pistachios

### VEGETABLES
- Artichokes
- Asparagus
- Beets
- Bell Peppers
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Endive
- Fennel
- Frisée
- Garlic
- Green Beans
- Greens: Arugula, Collard Greens, Kale, Lettuce, Romaine, Spinach, Swiss Chard
- Jalapeños
- Leeks
- Mushrooms
- Okra
- Onions and Shallots
- Parsnips
- Potatoes and Sweet Potatoes/Yams
- Radishes
- Rutabaga
- Rhubarb
- Snow Peas
- Sugar Snap Peas
- Sprouts
- Squash: Acorn, Buttercup, Butternut, Delicata, Pumpkin, Spaghetti, Summer, Zucchini
- Tomatoes
- Turnips

### PROTEIN
- Pork
- Deli Meats and Sausages*
- Beef
- Chicken
- Turkey
- Eggs
- Salmon
- Whitefish
- Shrimp
- Scallops
- Seafood

*Just remember to avoid those with added sugar, carrageenan (a food additive used as a thickening agent), MSG, or sulfites.)