

füd			
<i>Red peppers (4)</i>	Almonds	Coconut oil	cooking / raw
<i>Zucchini (4)</i>	Walnuts / Pecans	Bragg's soy sauce	
Avocado (6)	Cashews / Macadamia	Apple cider vinegar	
Limes (4)	<i>Peanut butter</i>	<i>Rice</i>	<i>brown / black / mix</i>
Lemons	Cherries (bing, unsweetened)	<i>Lentils</i>	<i>green / beluga / french</i>
Onion red / sweet / green (4)	Oats steel / rolled / quick	Nutritional yeast	
Sweet potato (2)	Tahini	<i>Sundried tomatoes</i>	
Squash butternut / spaghetti		<i>Tomatoes; canned, chopped</i>	
Bananas		<i>Sunflower seeds</i>	
<i>Spinach</i>		<i>Chia seeds</i>	
		<i>Pumpkin seeds; European</i>	
	<i>Apples (3)</i>	<i>Hemp seeds</i>	
<i>Tofu</i>	Bread; gluten-free	<i>Sesame seeds</i>	
Feta; sheep	Pizza; gluten-free Amy's	<i>Flax seeds</i>	
	<i>Raisins; Thompson's</i>	Cacao powder / butter / nibs	
Wraps; gluten-free	<i>Berries; frozen</i>	Pasta legume / corn / other	<i>blue / rasp / mix</i>
Artichoke hearts (2)		<i>Butter</i>	
Coconut milk (2)		<i>Miso</i>	
Black olives (glass)		<i>Coconut; shredded</i>	
Capers	<i>Tomatoes</i>	Honey	<i>cherry / vine</i>
Roasted red peppers	<i>Carrots</i>	<i>Eggs</i>	
	<i>Kale</i>	Curry	<i>curly / Tuscan</i>
	<i>Cabbage</i>		<i>green / red</i>
	<i>Basil / mint / dill / cilantro / parsley</i>		
		Coffee beans	
		<i>Garlic (2)</i>	
	Olive oil	<i>Ginger</i>	
<i>Italics = ORGANIC</i>	Balsamic		