

VEGETABLES

raw/organic
whenever possible

Arugula	<input type="checkbox"/>
Asparagus	<input type="checkbox"/>
Avocados	<input type="checkbox"/>
Beets/Beet Greens	<input type="checkbox"/>
Bell Peppers	<input type="checkbox"/>
Bok Choy	<input type="checkbox"/>
Broccoli	<input type="checkbox"/>
Brussel Sprouts	<input type="checkbox"/>
Cabbage	<input type="checkbox"/>
Carrots	<input type="checkbox"/>
Celery	<input type="checkbox"/>
Collards	<input type="checkbox"/>
Cucumbers	<input type="checkbox"/>
Eggplant	<input type="checkbox"/>
Garlic	<input type="checkbox"/>
Green Beans	<input type="checkbox"/>
Kale	<input type="checkbox"/>
Mushrooms	<input type="checkbox"/>
Olives	<input type="checkbox"/>
Onions	<input type="checkbox"/>
Parsnips	<input type="checkbox"/>
Peppers (all kinds)	<input type="checkbox"/>
Plantains	<input type="checkbox"/>
Pumpkin	<input type="checkbox"/>
Radish	<input type="checkbox"/>
Romaine Lettuce	<input type="checkbox"/>
Salad Greens	<input type="checkbox"/>
Mixed	<input type="checkbox"/>
Spinach	<input type="checkbox"/>
Squash	<input type="checkbox"/>
Sundried Tomatoes	<input type="checkbox"/>
Tomatoes	<input type="checkbox"/>
Turnip	<input type="checkbox"/>
Watercress	<input type="checkbox"/>
Wheat Grass	<input type="checkbox"/>
Yams	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

FRUITS

raw/organic
whenever possible

Apple	<input type="checkbox"/>
Apricot	<input type="checkbox"/>
Banana	<input type="checkbox"/>
Blackberries	<input type="checkbox"/>
Blueberries	<input type="checkbox"/>
Cantaloupe	<input type="checkbox"/>
Cherries	<input type="checkbox"/>
Coconuts (young)	<input type="checkbox"/>
Cranberries	<input type="checkbox"/>
Dates	<input type="checkbox"/>
Figs	<input type="checkbox"/>
Grapefruit	<input type="checkbox"/>
Grapes	<input type="checkbox"/>
Goji Berries	<input type="checkbox"/>
Lemon	<input type="checkbox"/>
Lime	<input type="checkbox"/>
Nectarine	<input type="checkbox"/>
Orange	<input type="checkbox"/>
Papaya	<input type="checkbox"/>
Peaches	<input type="checkbox"/>
Pears	<input type="checkbox"/>
Pineapple	<input type="checkbox"/>
Plums	<input type="checkbox"/>
Pomengrante	<input type="checkbox"/>
Raspberries	<input type="checkbox"/>
Strawberries	<input type="checkbox"/>
Unsulfured Raisins	<input type="checkbox"/>
Watermelons	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

SEA VEGETABLES

Dulse	<input type="checkbox"/>
Kelp	<input type="checkbox"/>
Nori Sheets	<input type="checkbox"/>
_____	<input type="checkbox"/>

NUTS & SEEDS

raw/unflavoured

Almonds	<input type="checkbox"/>
Brazil Nuts	<input type="checkbox"/>
Chia Seeds	<input type="checkbox"/>
Flax Seeds	<input type="checkbox"/>
Hemp Seeds	<input type="checkbox"/>
Hazelnuts	<input type="checkbox"/>
Macadamia	<input type="checkbox"/>
Pecans	<input type="checkbox"/>
Pine Nuts	<input type="checkbox"/>
Pistachios	<input type="checkbox"/>
Pumpkin Seeds	<input type="checkbox"/>
Sesame Seeds	<input type="checkbox"/>
Walnuts	<input type="checkbox"/>
Nut Butters	<input type="checkbox"/>
Seed Butters	<input type="checkbox"/>
NO Peanuts	<input checked="" type="checkbox"/>

FATS & OILS

organic/unrefined

Coconut Oil	<input type="checkbox"/>
Cocoa Nibs	<input type="checkbox"/>
Olive Oil	<input type="checkbox"/>
Shredded Coconut	<input type="checkbox"/>
Sesame Oil	<input type="checkbox"/>
Tahini	<input type="checkbox"/>
Hemp Oil	<input type="checkbox"/>
NO Canola Oil	<input checked="" type="checkbox"/>
_____	<input type="checkbox"/>

FLOURS

Chickpea	<input type="checkbox"/>
Spelt	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

GRAINS

Brown Rice	<input type="checkbox"/>
Buckwheat	<input type="checkbox"/>
Quinoa	<input type="checkbox"/>
Wild Rice	<input type="checkbox"/>
Whole Oats (GF)	<input type="checkbox"/>
_____	<input type="checkbox"/>
Sprouted Grain:	<input type="checkbox"/>
- Bread	<input type="checkbox"/>
- Tortillas	<input type="checkbox"/>
- English Muffins	<input type="checkbox"/>

LEGUMES

raw & dried or
cooked & canned

Adzuki Beans	<input type="checkbox"/>
Black Beans	<input type="checkbox"/>
Black-eyed Peas	<input type="checkbox"/>
Chickpeas	<input type="checkbox"/>
Edamames	<input type="checkbox"/>
Lentils (<i>brown, red, green</i>)	<input type="checkbox"/>
Peas (<i>green, yellow</i>)	<input type="checkbox"/>
Tempeh	<input type="checkbox"/>

BEVERAGES

Almond Milk	<input type="checkbox"/>
Coconut Milk	<input type="checkbox"/>
Coconut Water	<input type="checkbox"/>
Green Tea	<input type="checkbox"/>
Herbal Teas	<input type="checkbox"/>
Kombucha	<input type="checkbox"/>
Raw Vegetable Juices	<input type="checkbox"/>
Mineral Water	<input type="checkbox"/>
Spring Water (or filter)	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

SPICES & HERBS

Basil	<input type="checkbox"/>
Black Pepper	<input type="checkbox"/>
Cardamon (ground)	<input type="checkbox"/>
Cayenne Pepper	<input type="checkbox"/>
Chili Pepper	<input type="checkbox"/>
Cilantro	<input type="checkbox"/>
Coriander Seeds	<input type="checkbox"/>
Cinnamon	<input type="checkbox"/>
Cloves	<input type="checkbox"/>
Cumin	<input type="checkbox"/>
Curry Powder	<input type="checkbox"/>
Dill	<input type="checkbox"/>
Fennel	<input type="checkbox"/>
Garlic	<input type="checkbox"/>
Ginger (fresh/dry)	<input type="checkbox"/>
Mint	<input type="checkbox"/>
Mustard Seeds	<input type="checkbox"/>
Nutmeg	<input type="checkbox"/>
Oregano	<input type="checkbox"/>
Paprika	<input type="checkbox"/>
Parsley	<input type="checkbox"/>
Rosemary	<input type="checkbox"/>
Sage	<input type="checkbox"/>
Tarragon	<input type="checkbox"/>
Thyme	<input type="checkbox"/>
Turmeric	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

SWEETENERS

in moderation

Raw Honey (not vegan)	<input type="checkbox"/>
Stevia	<input type="checkbox"/>
Maple Syrup	<input type="checkbox"/>
Molasses (blackstrap)	<input type="checkbox"/>

CONDIMENTS

Apple Cider Vinegar	<input type="checkbox"/>
Balsamic Vinegar	<input type="checkbox"/>
Celtic Sea Salt	<input type="checkbox"/>
Coconut Aminos	<input type="checkbox"/>
Cocoa (raw)	<input type="checkbox"/>
Extracts:	<input type="checkbox"/>
- Vanilla	<input type="checkbox"/>
- Almond	<input type="checkbox"/>
Hummus	<input type="checkbox"/>
Himalayan Salt	<input type="checkbox"/>
Miso Paste	<input type="checkbox"/>
Mustard (stone ground)	<input type="checkbox"/>
Nutritional Yeast	<input type="checkbox"/>

SUPPLEMENTS

Greens Powder	<input type="checkbox"/>
Omega Oil	<input type="checkbox"/>
Plant Based Protein Powder	<input type="checkbox"/>

OCCASIONAL INDULGENCES

Wine	<input type="checkbox"/>
Dark Chocolate	<input type="checkbox"/>