

Vegetables

- ☐ Asparagus
- ☐ Baby arugula
- ☐ Baby greens mix
- ☐ Baby spinach
- ☐ Beets, red
- ☐ Beets, yellow
- ☐ Bell peppers, red
- ☐ Bell peppers, yellow
- ☐ Bok choy, baby
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cabbage, napa
- ☐ Cabbage, red
- ☐ Carrots
- ☐ Cauliflower
- ☐ Chard
- ☐ Celery
- ☐ Collard greens
- ☐ Corn
- ☐ Cucumbers
- ☐ Cucumbers, English
- ☐ Daikon
- ☐ Fennel bulbs
- ☐ Kale
- ☐ Leeks
- ☐ Lemongrass
- ☐ Long beans
- ☐ Lotus root
- ☐ Lettuce, bibb
- ☐ Lettuce, romaine
- ☐ Mushrooms, button
- ☐ Mushrooms, chanterelle
- ☐ Mushrooms, oyster
- ☐ Mushrooms, portabella
- ☐ Mushrooms, shiitake

- ☐ Onions, green
- ☐ Onions, red
- ☐ Onions, yellow
- ☐ Parsnips
- ☐ Peas, English
- ☐ Peas, snow
- ☐ Potatoes, russet
- ☐ Potatoes, yukon gold
- ☐ Radishes
- ☐ Shallots
- ☐ Spinach, baby
- ☐ Sprouts, assorted
- ☐ Squash, butternut
- ☐ Squash, yellow
- ☐ Squash, zucchini
- ☐ Sweet potatoes
- ☐ Tomatoes, cherry
- ☐ Tomatoes, roma
- ☐ Tomatoes, vine

Fruits

- ☐ Apples
- ☐ Avocados
- ☐ Bananas
- ☐ Black cherries
- ☐ Blueberries
- ☐ Grapefruit
- ☐ Lemons
- ☐ Lemons, meyer
- ☐ Limes
- ☐ Mangoes
- ☐ Oranges, clementine
- ☐ Peaches
- ☐ Pears
- ☐ Pineapples

- ☐ Raspberries
- ☐ Strawberries
- ☐ Watermelons

Fresh Herbs | Spices

- ☐ Basil
- ☐ Basil, thai
- ☐ Chile de árbol
- ☐ Chile, jalapeño
- ☐ Chile, red
- ☐ Chile, serrano
- ☐ Chives
- ☐ Cilantro
- ☐ Dill
- ☐ Garlic
- ☐ Ginger
- ☐ Horseradish root
- ☐ Lime leaf
- ☐ Mint
- ☐ Oregano
- ☐ Parsley
- ☐ Rosemary
- ☐ Sage
- ☐ Tarragon
- ☐ Thyme

Bulk

- ☐ Arrowroot
- ☐ Baking powder
- ☐ Cacao nibs
- ☐ Cocoa powder
- ☐ Corn starch
- ☐ Dulse/kelp flakes

- ☐ Dulse leaf
- ☐ Flour, almond
- ☐ Kombu
- ☐ Nori sheets
- ☐ Nutritional yeast
- ☐ Pasta, whole wheat or gluten-free
- ☐ Potato starch
- ☐ Sugar, maple
- ☐ Sun-dried tomatoes
- ☐ Tapioca starch

Jarred | Canned

Choose no added oils and no-salt varieties

- ☐ Almond butter
- ☐ Cashew butter
- ☐ Tahini (sesame butter)
- ☐ Artichoke hearts
- ☐ Black beans, canned
- ☐ Garbanzo beans, canned
- ☐ Kidney beans, canned
- ☐ Capers
- ☐ Chipotle in adobo
- ☐ Hearts of palm
- ☐ Mustard, dijon
- ☐ Mustard, grain
- ☐ Olives, mixed
- ☐ Roasted red peppers
- ☐ Tabasco sauce
- ☐ Tomatoes, canned
- ☐ Tomatoes, paste
- ☐ Sriracha sauce

Nuts | Seeds | Fruit

Nuts/Seeds - Choose no added oils and no salt varieties

Dried Fruits – Choose no added oils, and no added sugar varieties

- ☐ Almonds, raw
- ☐ Cashews, raw
- ☐ Chia seeds
- ☐ Coconut, shredded
- ☐ Dates
- ☐ Dried apples
- ☐ Dried apricots
- ☐ Dried figs
- ☐ Dried mango
- ☐ Dried goji berries
- ☐ Golden flax seed
- ☐ Hazelnuts
- ☐ Hemp seeds
- ☐ Macadamia nuts
- ☐ Peanuts
- ☐ Pecans
- ☐ Pine nuts
- ☐ Pistachios
- ☐ Pumpkin seeds
- ☐ Sesame seeds
- ☐ Sunflower seeds
- ☐ Walnuts, raw

Beans | Grains

- ☐ Beans, black
- ☐ Beans, pinto
- ☐ Beans, white
- ☐ Chickpeas
- ☐ Cous cous, whole wheat

- ☐ Lentils, beluga black
- ☐ Lentils, red
- ☐ Millet
- ☐ Noodles, buckwheat
- ☐ Noodles, rice
- ☐ Oats, rolled
- ☐ Oats, steel cut
- ☐ Quinoa
- ☐ Rice, long grain brown
- ☐ Rice, short grain brown
- ☐ Rice, brown basmati
- ☐ Split peas
- ☐ Wild rice

Liquids

- ☐ Agave
- ☐ Coconut water
- ☐ Liquid smoke
- ☐ Maple syrup
- ☐ Milk, almond, unsweetened
- ☐ Milk, rice, unsweetened
- ☐ Milk, soy, unsweetened
- ☐ Mirin
- ☐ Molasses
- ☐ Vegetable stock, low sodium
- ☐ Vinegar, apple cider
- ☐ Vinegar, balsamic
- ☐ Vinegar, champagne
- ☐ Vinegar, red wine
- ☐ Vinegar, rice
- ☐ Vinegar, sherry
- ☐ Vinegar, white balsamic
- ☐ Wheat-free tamari, low sodium
- ☐ Soy sauce, low sodium

Dried Spices | Herbs

- ☐ Allspice, whole
- ☐ Almond extract
- ☐ Bay leaf
- ☐ Caraway seed
- ☐ Cardamom pods
- ☐ Cayenne pepper
- ☐ Cayenne powder
- ☐ Ceylon cinnamon
- ☐ Chile flakes
- ☐ Chile powder
- ☐ Chipotle powder
- ☐ Cloves, whole
- ☐ Coriander, whole
- ☐ Cumin, ground
- ☐ Cumin, seed
- ☐ Curry powder
- ☐ Dried jasmine flowers
- ☐ Dried mushroom powder
- ☐ Fennel seed
- ☐ Fenugreek seeds
- ☐ Garam masala
- ☐ Garlic granules
- ☐ Garlic powder
- ☐ Ginger, ground
- ☐ Juniper berries
- ☐ Marjoram, dried
- ☐ Mustard seeds
- ☐ Nutmeg, whole
- ☐ Onion flakes
- ☐ Onion granules
- ☐ Onion powder
- ☐ Oregano, dried
- ☐ Paprika, Hungarian
- ☐ Paprika, smoked

- ☐ Parsley, dried
- ☐ Peppercorns, black
- ☐ Peppercorns, pink
- ☐ Peppercorns, sichuan
- ☐ Saffron threads
- ☐ Sage, dried
- ☐ Sea salt, quality
- ☐ Sea salt, flaked
- ☐ Star anise
- ☐ Turmeric
- ☐ Vanilla extract
- ☐ Vanilla bean
- ☐ White pepper

Chilled

- ☐ Miso, dark
- ☐ Miso, white
- ☐ Tempeh
- ☐ Tofu, extra firm
- ☐ Tofu, silken
- ☐ Tortillas, whole wheat
- ☐ Tortillas, corn
- ☐ Whole grain bread