

## VEGETABLES (all)

- asparagus
- baby spinach
- romaine lettuce
- swiss chard
- arugula
- cauliflower
- red peppers
- yellow bell pepper
- celery
- carrots
- kale
- sweet potatoes
- broccoli
- red onion
- pea pods
- mushrooms
- zucchini
- summer squash
- butternut squash
- cabbage
- radish
- turnip
- avocado
- cucumber
- tomatoes

## PROTEINS

- cold water fish (cod, salmon, tilapia, mackerel, sardines)
- shellfish (oysters, shrimp, crab)
- organic chicken, turkey, and eggs
- lentils
- beans (all types)

## FRUITS (low glycemic)

- lemons
- limes
- blueberries
- blackberries
- grapefruit
- fresh raspberries
- strawberries
- organic apples
- pears
- apricots
- watermelon
- pineapple
- cantaloupe
- nectarines
- oranges

## GRAINS

- quinoa
- brown rice
- brown rice tortilla
- brown rice angel hair pasta
- gluten free steel cut oatmeal
- coconut wraps
- kelp noodles

## NUTS & SEEDS

- walnuts
- almonds
- pumpkin
- pecan
- sesame
- ground flax
- chia
- macadamia

## MISC

- almond milk
- coconut milk
- hemp milk
- coconut oil
- olive oil
- hummus
- plain greek yogurt
- coconut yogurt
- sauerkraut
- pickles
- vinegars
- himalayan salt
- herbs + spices
- nut butters
- olives