				Produce			
Dark leafy greens: li	ift mood, heal						
	organs, counteract damage from Squash: blood-alkalinizing			Fruit:			
stress							
Collard	Watercress	Acorn	Kabocha	Apple, LungCapacity	Kumquat, CncrColPros	Pineapple, enzyme	
Dandelion		Buttercup	Pumpkin	Banana, enzyme Lemor	nRind, Polymethoxylated flavones	s Pomegranate, Ω-5	
Kale		Butternut	Red kuri	BloodOrg, arteries Lime	eRind, Polymethoxylated flavones	s Pomelo, LwrLDL	
Mustard		Delicata		Blueberry, anti-age	Nectarine	Satsuma, cntl BP	
Romaine		Dumpling		Clementine, OxaDmg	Orange	Strawberry	
Spinach, NO <sub>2</sub>		Hubbard		GrapeFrt-WhtPeel, nootkatone	Pear	Watermelon, citrulline (f	
<u>Cruciferous</u> : cancer-	-preventing nutr	rients/antioxida	ants,	Othor		Mushroom:	
breakdown/disolve f	fats, eliminate to	oxins		Other:		Anti-BacFunMicOxiVir; can	
Broccoli				Artichoke, apigenins	Peas	chanterelle-A	
Brussels sprounts				Asparagus	Sprouts:	cordyceps-athletic per	
Cabbage: Napa, Pur	rple, Savoy			<b>Avocado,</b> $\Omega$ -3, enzyme, LungCapacity	alphalfa	enoki-C, immunity	
Cauliflower				Bell peppers, oxalic	kale	maitake-C (breast)	
Choy: Bok, Pac				Cucumber	mung	oyster-HIV	
Collard				Endive	Tomato, anti-age	porchini-anti-inflam	
Raddish: Daikon, red	d. watermelon			Escarole	, 5	reishi - A,C	
Tatsoi	,			Green bean		shiitake-tumors	
				Jicama		shimeji-C,asthma,diabe	
						ButCrimPort-C(prostat	
Roots/tubers: provide vit-A, beta-carotene, minerals, fiber, antioxidants				Sea: easily asorbable vit/minerials, alkaline forming, reduce tumors/masses, bind to radioactive sub/heavy metals - pull them from our bodies			
Beet, oxalic, NO2, PreW	Wkt	Lotus root					
Burdock		Parsley, oxalic	· anigenins	Agar-Agar Arame Dulse	Kombu (kelp)	Nori Wakame	
Carrots, anti-age		Parsnips	, apigeimis				
Celery, apigenins		Potato: baki	ing sweet	Bulbs: disolves fats/excess mucus, heart healthy, anti-inflamatory,			
Celeriac			ing, sweet	antibacterial, antiviral			
		Rutabaga		antibacterial, antiviral			
Fennel		Turnip Yam		Garlic Leeks Onions	Scallions Shallots		
Ginger		Talli					
				Noteworthy:			
Prevent Injury:				Noteworthy:  Run Further / Faster:			
Red Pepper, <b>Edamar</b>		-		Run Further / Faster: Champagne, Avocado, Olive, Nut, S			
Red Pepper, <b>Edamar</b>		-		Run Further / Faster:			
Red Pepper, <b>Edamar</b>	umpkin Seeds, <b>B</b>	-		Run Further / Faster: Champagne, Avocado, Olive, Nut, S			
Red Pepper, Edamar Blueberry, Honey, Pu Maintain Muscle:	umpkin Seeds, <b>B</b>	eans, LeafyGre	een, Walnut	Run Further / Faster:  Champagne, Avocado, Olive, Nut, S LeafyGreen, Chocolate, ChickPea, C Get Lean:	Quinoa, KidneyBean, Apple,	RedOnion, Berries	
Red Pepper, <b>Edamar</b> Blueberry, Honey, Pu Maintain Muscle: Spinach, Beet, Egg, S	umpkin Seeds, <b>B</b> Seed (Sunflower,	, Flax, Sesame),	een, Walnut	Run Further / Faster:  Champagne, Avocado, Olive, Nut, S LeafyGreen, Chocolate, ChickPea, C Get Lean:  JasmineTea, ChilliPepper, Lamb, Co	Quinoa, KidneyBean, Apple,	RedOnion, Berries	
Red Pepper, Edamar Blueberry, Honey, Pu Maintain Muscle: Spinach, Beet, Egg, S Avocado, Trout, Salr	umpkin Seeds, <b>B</b> Seed (Sunflower, <b>mon</b> , Pomegrana	reans, LeafyGre , Flax, Sesame), ate, Kale, Mush	Bean, Edamame, hroom, Sweet Potato	Run Further / Faster:  Champagne, Avocado, Olive, Nut, S LeafyGreen, Chocolate, ChickPea, C Get Lean:	Quinoa, KidneyBean, Apple,	RedOnion, Berries	
Red Pepper, Edamar Blueberry, Honey, Pu Maintain Muscle: Spinach, Beet, Egg, S Avocado, Trout, Salr	Seed (Sunflower, mon, Pomegrana	reans, LeafyGre , Flax, Sesame), ate, Kale, Mush	Bean, Edamame,	Run Further / Faster:  Champagne, Avocado, Olive, Nut, S LeafyGreen, Chocolate, ChickPea, C Get Lean:  JasmineTea, ChilliPepper, Lamb, Co	Quinoa, KidneyBean, Apple, d, Beef, Chicken, Pork, Gra	RedOnion, Berries	
Red Pepper, Edamar Blueberry, Honey, Pu Maintain Muscle: Spinach, Beet, Egg, S Avocado, Trout, Salr Nuts / Seeds: prot calcium/mineral ab	Seed (Sunflower, mon, Pomegrana stein/fat which obsorption	, Flax, Sesame), ate, <b>Kale, Mush</b> convert to en	Bean, Edamame, hroom, Sweet Potato hergy w/o impacting	Run Further / Faster:  Champagne, Avocado, Olive, Nut, S LeafyGreen, Chocolate, ChickPea, C Get Lean:  JasmineTea, ChilliPepper, Lamb, Co Pantry	Quinoa, KidneyBean, Apple, d, Beef, Chicken, Pork, Gra	RedOnion, Berries	
Red Pepper, Edamar Blueberry, Honey, Pu Maintain Muscle: Spinach, Beet, Egg, S Avocado, Trout, Salr Nuts / Seeds: prot calcium/mineral at Bene fa	Seed (Sunflower, mon, Pomegrana stein/fat which obsorption	Flax, Sesame), ate, Kale, Mush convert to en	Bean, Edamame, hroom, Sweet Potato hergy w/o impacting  Sat fats	Run Further / Faster:  Champagne, Avocado, Olive, Nut, S LeafyGreen, Chocolate, ChickPea, C Get Lean:  JasmineTea, ChilliPepper, Lamb, Co Pantry	Quinoa, KidneyBean, Apple, d, Beef, Chicken, Pork, Gra	RedOnion, Berries	
Red Pepper, Edamar Blueberry, Honey, Pu Maintain Muscle: Spinach, Beet, Egg, S Avocado, Trout, Salr Nuts / Seeds: prot calcium/mineral at Bene fa Almone	Seed (Sunflower, mon, Pomegrana benefit which obsorption fats	Flax, Sesame), ate, Kale, Mush convert to en Bene fats	Bean, Edamame, hroom, Sweet Potato hergy w/o impacting  Sat fats Brazil	Run Further / Faster:  Champagne, Avocado, Olive, Nut, S LeafyGreen, Chocolate, ChickPea, C Get Lean:  JasmineTea, ChilliPepper, Lamb, Co Pantry	Quinoa, KidneyBean, Apple, d, Beef, Chicken, Pork, Gra	RedOnion, Berries	
Red Pepper, Edamar Blueberry, Honey, Pu Maintain Muscle: Spinach, Beet, Egg, S Avocado, Trout, Salr Nuts / Seeds: prot calcium/mineral at Bene fa Almone Cashew	Seed (Sunflower, mon, Pomegrana tein/fat which obsorption fats	, Flax, Sesame), ate, Kale, Mush convert to en Bene fats Chia Flax	Bean, Edamame, hroom, Sweet Potato hergy w/o impacting  Sat fats Brazil Hazelnut	Run Further / Faster:  Champagne, Avocado, Olive, Nut, S LeafyGreen, Chocolate, ChickPea, C Get Lean:  JasmineTea, ChilliPepper, Lamb, Co Pantry	Quinoa, KidneyBean, Apple, d, Beef, Chicken, Pork, Gra	RedOnion, Berries	
Red Pepper, Edamar Blueberry, Honey, Pu Maintain Muscle: Spinach, Beet, Egg, S Avocado, Trout, Salr Nuts / Seeds: prot calcium/mineral at Bene fa Almone Cashew Macada	Seed (Sunflower, mon, Pomegrana vitein/fat which obsorption fats and w	Flax, Sesame), ate, Kale, Mush convert to en  Bene fats Chia Flax Hemp	Bean, Edamame, hroom, Sweet Potato hergy w/o impacting  Sat fats Brazil Hazelnut Pine	Run Further / Faster:  Champagne, Avocado, Olive, Nut, S LeafyGreen, Chocolate, ChickPea, C Get Lean:  JasmineTea, ChilliPepper, Lamb, Co Pantry	Quinoa, KidneyBean, Apple, d, Beef, Chicken, Pork, Gra	RedOnion, Berries	
Red Pepper, Edamar Blueberry, Honey, Pu Maintain Muscle: Spinach, Beet, Egg, S Avocado, Trout, Salr Nuts / Seeds: prot calcium/mineral at Bene fa Almone Cashew Macada * Peanu	Seed (Sunflower, mon, Pomegrana tein/fat which obsorption fats	Reans, LeafyGreen, Flax, Sesame), ate, Kale, Mush convert to en Bene fats Chia Flax Hemp Pumpkin, colla	Bean, Edamame, chroom, Sweet Potato  mergy w/o impacting  Sat fats Brazil Hazelnut Pine agen (tenden/ligament)	Run Further / Faster:  Champagne, Avocado, Olive, Nut, S LeafyGreen, Chocolate, ChickPea, C Get Lean:  JasmineTea, ChilliPepper, Lamb, Co Pantry	Quinoa, KidneyBean, Apple, d, Beef, Chicken, Pork, Gra	RedOnion, Berries	
Red Pepper, Edamar Blueberry, Honey, Pu Maintain Muscle: Spinach, Beet, Egg, S Avocado, Trout, Salr Nuts / Seeds: prot calcium/mineral at Bene fa Almond Cashew Macada * Pecanu	Seed (Sunflower, mon, Pomegrana vtein/fat which obsorption iats and w lamia, Ω-7 ut, oxalic	Reans, LeafyGreen, Flax, Sesame), ate, Kale, Mush convert to en Bene fats Chia Flax Hemp Pumpkin, colla	Bean, Edamame, hroom, Sweet Potato  Dergy w/o impacting  Sat fats Brazil Hazelnut Pine agen (tenden/ligament) nut butter	Run Further / Faster:  Champagne, Avocado, Olive, Nut, S LeafyGreen, Chocolate, ChickPea, C Get Lean:  JasmineTea, ChilliPepper, Lamb, Co Pantry	Quinoa, KidneyBean, Apple, d, Beef, Chicken, Pork, Gra	RedOnion, Berries	
Red Pepper, Edamar Blueberry, Honey, Pu Maintain Muscle: Spinach, Beet, Egg, S Avocado, Trout, Salr Nuts / Seeds: prot calcium/mineral at Bene fa Almond Cashew Macadi * Peanu Pecan Pistach	Seed (Sunflower, mon, Pomegrana stein/fat which obsorption sats and w lamia, Ω-7 ut, oxalic	Reans, LeafyGreen, Flax, Sesame), ate, Kale, Mush convert to en Bene fats Chia Flax Hemp Pumpkin, colla	Bean, Edamame, hroom, Sweet Potato Dergy w/o impacting Sat fats Brazil Hazelnut Pine agen (tenden/ligament) nut butter almond	Run Further / Faster:  Champagne, Avocado, Olive, Nut, S LeafyGreen, Chocolate, ChickPea, C Get Lean:  JasmineTea, ChilliPepper, Lamb, Co Pantry	Quinoa, KidneyBean, Apple, d, Beef, Chicken, Pork, Gra	RedOnion, Berries	
Red Pepper, Edamar Blueberry, Honey, Pu Maintain Muscle: Spinach, Beet, Egg, S Avocado, Trout, Salr Nuts / Seeds: prot calcium/mineral at Bene fa Almond Cashew Macada * Pecanu	Seed (Sunflower, mon, Pomegrana stein/fat which obsorption sats and w lamia, Ω-7 ut, oxalic	Reans, LeafyGreen, Flax, Sesame), ate, Kale, Mush convert to en Bene fats Chia Flax Hemp Pumpkin, colla	Bean, Edamame, hroom, Sweet Potato Dergy w/o impacting Sat fats Brazil Hazelnut Pine agen (tenden/ligament) nut butter almond peanut	Run Further / Faster:  Champagne, Avocado, Olive, Nut, S LeafyGreen, Chocolate, ChickPea, C Get Lean:  JasmineTea, ChilliPepper, Lamb, Co Pantry	Quinoa, KidneyBean, Apple, d, Beef, Chicken, Pork, Gra	RedOnion, Berries	
Red Pepper, Edamar Blueberry, Honey, Pu Maintain Muscle: Spinach, Beet, Egg, S Avocado, Trout, Salr Nuts / Seeds: prot calcium/mineral at Bene fa Almone Cashew Macadi * Peanu Pecan Pistach Walnut	umpkin Seeds, Boundlessed (Sunflower, mon, Pomegrana stein/fat which obsorption stats and water, oxalic state of the control	Reans, LeafyGreen, Flax, Sesame), ate, Kale, Mush convert to en Bene fats Chia Flax Hemp Pumpkin, colla	Bean, Edamame, hroom, Sweet Potato Dergy w/o impacting Sat fats Brazil Hazelnut Pine agen (tenden/ligament) nut butter almond	Run Further / Faster:  Champagne, Avocado, Olive, Nut, S LeafyGreen, Chocolate, ChickPea, C Get Lean:  JasmineTea, ChilliPepper, Lamb, Co Pantry	Quinoa, KidneyBean, Apple, d, Beef, Chicken, Pork, Gra	RedOnion, Berries	
Red Pepper, Edamar Blueberry, Honey, Pu Maintain Muscle: Spinach, Beet, Egg, S Avocado, Trout, Salr Nuts / Seeds: prot calcium/mineral at Bene fa Almone Cashew Macadi * Peanu Pecan Pistach Walnut edamame, anti-inflam	umpkin Seeds, Boundlessed (Sunflower, mon, Pomegrana stein/fat which obsorption stats and water, oxalic state of the control	Reans, LeafyGreen, Flax, Sesame), ate, Kale, Mush convert to en Bene fats Chia Flax Hemp Pumpkin, colla	seen, Walnut  ,Bean, Edamame, hroom, Sweet Potato  mergy w/o impacting  Sat fats  Brazil  Hazelnut Pine agen (tenden/ligament)  nut butter  almond peanut tahini	Run Further / Faster:  Champagne, Avocado, Olive, Nut, S LeafyGreen, Chocolate, ChickPea, C Get Lean:  JasmineTea, ChilliPepper, Lamb, Co Pantry	d, Beef, Chicken, Pork, Gradelsewhere  Pasta:	RedOnion, Berries	
Red Pepper, Edamar Blueberry, Honey, Pu Maintain Muscle: Spinach, Beet, Egg, S Avocado, Trout, Salr Nuts / Seeds: prot calcium/mineral at Bene fa Almone Cashew Macada * Peanu Pecan Pistach Walnut edamame, anti-inflam Beans:	umpkin Seeds, Boundlessed (Sunflower, mon, Pomegrana stein/fat which obsorption stats and water, oxalic state of the control	Bene fats Chia Flax Hemp Pumpkin, colla Sesame Sunflower	seen, Walnut  ,Bean, Edamame, hroom, Sweet Potato  mergy w/o impacting  Sat fats  Brazil  Hazelnut Pine agen (tenden/ligament)  nut butter  almond peanut tahini	Run Further / Faster: Champagne, Avocado, Olive, Nut, S LeafyGreen, Chocolate, ChickPea, C Get Lean: JasmineTea, ChilliPepper, Lamb, Co Pantry Miscellaneous: items not listed	d, Beef, Chicken, Pork, Gra	RedOnion, Berries  pefruit, Coconut Oil  Pkg:	
Red Pepper, Edamar Blueberry, Honey, Pu  Maintain Muscle:  Spinach, Beet, Egg, S Avocado, Trout, Salr  Nuts / Seeds: prot calcium/mineral at  Bene fa Almone Cashew Macada * Peanu Pecan Pistach Walnut edamame, anti-inflam Beans: Adzuki	Seed (Sunflower, mon, Pomegrana tein/fat which obsorption fats and w lamia, Ω-7 aut, oxalic nio t	Bene fats Chia Flax Hemp Pumpkin, colla Sesame Sunflower	seen, Walnut  ,Bean, Edamame, hroom, Sweet Potato  lergy w/o impacting  Sat fats  Brazil  Hazelnut Pine agen (tenden/ligament)  nut butter almond peanut tahini  Grains: followi	Run Further / Faster:  Champagne, Avocado, Olive, Nut, S LeafyGreen, Chocolate, ChickPea, C Get Lean:  JasmineTea, ChilliPepper, Lamb, Co Pantry  Miscellaneous: items not listed	d, Beef, Chicken, Pork, Gradelsewhere  Pasta:	RedOnion, Berries  pefruit, Coconut Oil  Pkg:	
Red Pepper, Edamar Blueberry, Honey, Pu Maintain Muscle: Spinach, Beet, Egg, S Avocado, Trout, Salr Nuts / Seeds: prot calcium/mineral at Bene fa Almond Cashew Macada * Peanu Pecan Pistach	Seed (Sunflower, mon, Pomegrana etein/fat which obsorption fats and when the sunflower of	Bene fats Chia Flax Hemp Pumpkin, colla Sesame Sunflower	seen, Walnut  A,Bean, Edamame, Ahroom, Sweet Potato  Bergy w/o impacting  Sat fats  Brazil  Hazelnut  Pine  agen (tenden/ligament)  nut butter  almond  peanut  tahini  Grains: followi  Amaranth	Run Further / Faster:  Champagne, Avocado, Olive, Nut, S LeafyGreen, Chocolate, ChickPea, C Get Lean:  JasmineTea, ChilliPepper, Lamb, Co Pantry  Miscellaneous: items not listed	d, Beef, Chicken, Pork, Gradelsewhere  Pasta: Black bean	pefruit, Coconut Oil  Pkg: Pasta, brand = Jovia	

phytic: phytic acid (interferes w/ absorbing: zinc, calcium, iron, etc); minimized by soaking/rinsing & cooking with sea veg

oxalic: oxalic acid (nutrients difficult to assimilate/can pull important minerals from bones; reg consumption: agg - digestion, kidneys, arthritis); counter by combo w/ citric acid

Agar powder Baking powder Baking soda Yeast Sea salt Spices: Coconut flakes Sugar: coconut, maple Honey, enzyme Maple syrup Cocoa powder Vanilla  flour almond arrowroot chickpea coconut flous fice, brown rice, white rice, white tapioca teff wheat Anovy paste - Ortiz Anovado Caca ohutter Crisco Champagne, №0, Coffee: Ground, WholeBean Espresso Kombucha Juice: Cherry (bed), Grapefruit, Pomegrante (PostWkt), Tomato Pineapple, Beet, Lemon Milk: almond, coconut, hazelnut, hemp Soda: Tea: Jasmine, royibos, ginger, EarlGrey, Oolong Water Aloe, Cactus, coconut, distilled, purified Wine  Condiments: Tinned meat/fish: Anchovy paste - Ortiz Capers, quercetin worcestershire capers, quercetin wheat Walnut Soda: Tea: Jasmine, royibos, ginger, EarlGrey, Oolong Water Aloe, Cactus, coconut, distilled, purified Wine  Cordiments: Capers, quercetin Worcestershire Capers, quercetin Worcestershire Crab FishSauce - Redboat40N Tahini Ham Tapioca teff LiquidAminos: Braggs, coconut Mayo Mayo Mustard Olives, Ω-9, enzyme Pepters Relish ThaiCurryPaste	Pantry										
Baking powder Baking powder Veart Veart Veart Veart Sea salt Sea s	Baking:		Oils & Vin	egars:	•	Beverages:					
Baking soda Yeast Sea sait Coconut falses Sugar: coconut majee Honey, reinyme Repessed Honey, reinyme Repessed Coconut falses Sugar: coconut majee Honey, reinyme Repessed Red palm Repessed Coconut falses Sugar: coconut majee Honey, reinyme Red palm Repessed Coconut Vanila Ground Gr		Agar powder	Oils:	Avocado	Cooking Spray	Beer:					
Yeast See salt See salt Spices: Coconut flakes Sugar: coconut, maple Honey, respire Maple syrup Cocoa powder Vanilla Inour almond Inour almond Inour almond Cocoa powder Coconut Coconut Vinegar: Balsamic Coconut Vinegar: Balsamic Coconut Vinegar: Balsamic Coconut Coconut Vinegar: Balsamic Coconut Coconut Vinegar: Balsamic Coconut Coconut Vinegar: Coconut Vinegar: Balsamic Coconut Coconut Coconut Vinegar: Coder Vinegar: Code		Baking powder		Cacao butter	Crisco	Champagne, NO <sub>2</sub>					
Sea salt Spices: Coconut flakes Sugar: coconut, maple Honey, exprise Maple Syrup Cocca powder Wainia Vinita Iffour almond Arroyroot Chickpea Cocca powder Vinita Iffour almond Arroyroot Chickpea Cocca powder Vinita Iffour almond Arroyroot Chickpea Cocca powder Vinita Vinita Vinita Iffour almond Arroyroot Chickpea Cocca Coconut, Maller Cocca Coconut Co		Baking soda		Coconut		Coffee: Ground, WholeBean					
Spiese: Olive, o, 9, enzyme Cocons flakas Sugar: coconut, maple Honey, eszyme Maple Syrup Sesame Maple Syrup Sesame Malle Vanitu Flour Influer		Yeast		Grapeseed		Espresso					
Coconut flakes Sugar: coconut, maple Honey, estame Maple syrup Cocoa powder Cocoa p				Macadamia		Kombucha					
Sugar: Coconut, maple Honey, purpue Maple syrup Cocoa powder Vanilla Hour almond Iffiour almond Anchory paste Ortz Chickpea Coconut Co				Olive, $\Omega$ -9, enzyme		Juice:					
Honey, enyme   Red palm   Pincappie, Beet, Lemon   Milk: almond, coconut, hazehut, hemp   Soda: almond, almond   Water   Albe, Cactus, coconut, distilled, purified   Wine   Anchowy paste - Ortiz   Winegar: cider, white   Crab   Anchowy paste - Ortiz   Winegar: cider, white   Fishsauce - Redoct40W   Tahini   Ham   H		Coconut flakes		Peanut		Cherry (bed), Grapefruit,					
Maple syrup Coca powder Vanilla  Mills  Mannon  Mannon  Mills  Mannon  Mannon  Mills  Mannon  Mills  Mannon  Mannon  Mills  Mannon  Mannon  Mills  Mannon  Malls  Malls  Malls  Malls  Malls  Malls  Malls  Malls  Mannon  Mills  Malls  Malls  Malls  Malls  Mills  Malls  Malls  Malls  Mills  Malls  Malls  Mills  Malls  Malls  Malls  Mills  Malls  Mall		Sugar: coconut, maple		Rapeseed, cold-pre	essed	Pomegrante (PostWkt), Tomato					
Coca powder Varials    Flour		Honey, enzyme		Red palm		Pineapple, Beet, Lemon					
Vanilla   Flour almond   Flour almond   Flour almond   Vinegar: Balsamic   Vinegar: Balsamic   Vinegar: Balsamic   Vinegar: Alee, Cactus, coconut, distilled, purified   Vinegar: Alee, Vinegar:		Maple syrup		Sesame		Milk:					
Floor almond arrowroot chickpea				Sunflower		almond, coconut, hazelnut, hemp					
Aloc, Cactus, coconut, distilled, purified white wine and coconut to the provided coconut to the provi		Vanilla		Walnut		Soda:					
Cider White Wine Wine Aloc, Cactus, coconut, distilled, purified White Wine Wine Coconut Coconut White Wine Wine Wine Anchory paster - Ortz Oct. White Wine Coconut Co		flour almond				Tea: Jasmine, royibos, ginger, Earl Grey, Oolong					
White Wine Condiments:  Out o		arrowroot	Vinegar:	Balsamic		Water					
Condiments:   Condiments:   Condiments:   Chicken   Ch		chickpea		Cider		Aloe, Cactus, coconut, distil	led, purified				
Anchory paste - Ortiz Vinegar cider, white Chicken rice, brown rice, brown rice, white it apioca tell rapid rice, and rice, white it apioca tell rapid rice, and	l	coconut		White		Wine					
rice, white   FishSauce - Redboat40N   Tahini   Ham	GlutenFree	oat	Condimen	ts:		Tinned meat/fish:					
rice, brown rice, white   Fishsauce - Redboat40N   Tahini   Ham	or ⇒	· ·	Anchovy pa	iste - <i>Ortiz</i>	Vinegar: cider, white	Chicken					
taploca teff wheat		rice, brown			Worcestershire	Crab					
LiquidAminos: Braggs, coconut Salsa  Cacao nibs	Paleo	rice, white	FishSauce -	Redboat40N	Tahini	Ham					
Mayo Cacao nibs Cornmeal Milk powder potato starch xanthan gum ThaiCurryPaste  Cereal:  Buckwheat, creamy Oats bran quick Cottish Cott		tapioca	Hot sauce		Broth	Salmon					
Carao nibs commeal Olives, 1-9, enzyme Peppers potato starch potato star		teff	LiquidAmin	os: Braggs, coconut	Salsa	Tuna					
cornmeal milk powder potato starch kanthan gum  ThaiCurryPaste  Buckwheat, creamy Oats  Casein Gelatin Creatine Monohydrate Agar-Agar Galucosamine-chondroitin TigerNut Psyllium Husk Powder Macca Magnesium citrate Multi-Vit Psyllium Husk Powder Magnesium citrate Multi-Vit Magnesium citrate Multi-Vi		wheat	Mayo								
milk powder potato starch Relish xanthan gum ThaiCurryPaste  Cereal: Fruit, dried: Supplement:  Buckwheat, creamy apple sauce goji appricot fig., enzyme blueberry mulberry, anti-age quick cherry mulberry, anti-age currant, anti-age dates, enzyme dragonfruit with maxiliar and multi-vit maxiliar and multi-vit maxiliare multi-vit maxiliare displayed and multi-vit maxiliare multi-vit multi-vit maxiliare multi-vit multi-vit multi-vit multi-vit maxiliare multi-vit multi-v		Cacao nibs	Mustard								
Potato starch xanthan gum ThaiCurryPaste  Cereal:  Buckwheat, creamy apple sauce goji appricot fig, enzyme blueberry mulberry, anti-age cherry tomato, anti-age dates, enzyme dates, enz		cornmeal		enzyme							
Cereal:    Fuit, dried:   Supplement:   Supp		milk powder	Peppers								
Buckwheat, creamy		potato starch	Relish								
Buckwheat, creamy Oats  apple sauce appricot bran bran quick Scottish Carentery, oxalic Currant, anti-age cherry Culinoa Flakes Puffed Rice, brown-puffed  Cold Case  Dairy: Cheese  Ix wk Beef - grass fed, organic, choice/select Blue Brie Cheddar Brie Agar-Agar Glucosamine-chondroitin TigerNut Maxvibrance Wit.D3, 2000IU PGX (glucomannan, kojak)  Fruit/Veg: Blue Blue Brie Checkee  Ix wk Beef - grass fed, organic, choice/select Asiago Agar-Agar Creatine Monohydrate Magnesium citrate Multi-Vit Maxvibrance Vit.D3, 2000IU PGX (glucomannan, kojak)  Fruit/Veg: Blueberry, anti-age Cherry Strawberry Mango  Cherry Strawberry Mango  Turkey Fish: buy wild-caught, sustainable Bream ChileanSeaBass, not farmed/Atlantic Cod, not farmed/Atlantic Cod, not farmed/Atlantic Crab Hake Haibut, Pacific Pollock Salmon, wild Fresh smoked Shrimp - IQF , not farmed/Atlantic Scallops - dry  Bone Broth Protein Gelatin Gelatin Gelatin Gelatin Gelatin Gelatin Greatin-Gelatin Gelatin Gelatin Gelatin Gelatin Gelatin Gelatin Greatin-Gelatin Gelatin Gelatin Gelatin Gelatin Gelatin Gelatin Greatin-Gelatin Gelatin G		xanthan gum	-								
Oats bran bran blueberry mulberry, anti-age cherry tomato, anti-age cherry tomato, anti-age duick cherry tomato, anti-age duick crahberry, oxalic currant, anti-age dates, enzyme Magnesium citrate Multi-Vit Magnesium citrate Mu	Cereal:		Fruit, drie								
bran quick cherry tomato, anti-age clucosamine-chondroitin TigerNut Scottish Currant, anti-age Currant, anti-age Currant, anti-age Agar-Agar Glucosamine-chondroitin TigerNut Psyllium Husk Powder Macca Magnesium citrate Multi-Vit MaxVibrance Wit.D3, 2000IU PSV (glucomannan, kojak)    Cold Cases											
quick Scottish Cranberry, oxalic currant, anti-age Glucosamine-chondroitin Tigerhut Psyllium Husk Powder Macca Magnesium citrate Multi-Vit Hasks dates, enzyme MaxWibrance Vit.D3, 2000IU PGX (glucomannan, kojak)    Cold Cases				• •	<del>-</del> -						
Scottish Cranberry, oxalic Currant, anti-age Magnesium citrate Multi-Vit MaxVibrance Puffed dates, enzyme dragonfruit Vit.D3, 2000IU PGX (glucomannan, kojak)    Cold Cases				•	• • • • • • • • • • • • • • • • • • • •	•					
Quinoa				•	tomato, anti-age		_				
Flakes Puffed dragonfruit Vic.D3, 2000IU Rice, brown-puffed Vic.D3, 2000IU PGX (glucomannan, kojak)  Cold Cases  Dairy: Meats: carnitine (counter w/ tomato) Fruit/Veg:  Cheese 1x wk Beef - grass fed, organic, choice/select Blueberry, anti-age Chicken - organic, pasture-raised Cherry Blue daily Ham Strawberry Brie daily Pork - organic, pasture-raised Mango Cheddar 1x wk Turkey Mango  I Feta Feta Fish: buy wild-caught, sustainable HBA / Household:  Bream ChileanSeaBass, not farmed/Atlantic Cottage Cheese Cod, not farmed/Atlantic Cod, not farmed/Atlantic Figs Milk Buttermilk Haddock Kefir Hake Haddock Hake SourCream Halibut, Pacific Yogurt Pollock Salmon, wild fresh smoked Shrimp - IQF, not farmed/Atlantic Scallops - dry  Scallops - dry						<b>'</b>					
Puffed Rice, brown-puffed    Rice, brown-puffed   Rice, brown-puffed   PGX (glucomannan, kojak)				· · · · · · · ·		- Contract of the contract of	Multi-Vit				
Rice, brown-puffed   PGX (glucomannan, kojak)											
Cold Cases  Dairy:  Meats: carnitine (counter w/ tomato)  Ix wk  Beef - grass fed, organic, choice/select  Asiago Blue Blue Brie Cheddar Feta Parm PepJack Cottage Cheese Eggs Milk Buttermilk Kefir SourCream Yogurt Miscellaneous:  Miscellaneous:  Meats: carnitine (counter w/ tomato)  Fruit/Veg: Blueberry, anti-age Cherry Strawberry Mango  Cherry Mango  Cherry Mango  Cherry Mango  Cherry Strawberry Mango  Cherry Mango  Crab HBA / Household:  Bream ChileanSeaBass, not farmed/Atlantic  Cod, not farmed/Atlantic  Crab Haddock Hake Halibut, Pacific Pollock Salmon, wild  fresh smoked Shrimp - IQF , not farmed/Atlantic  Scallops - dry				aragontruit							
Dairy:  Cheese    Asiago		Rice, brown-purred		Cold Co	roc	PGX (glucomannan, kojak)					
Cheese											
Asiago Blue Brie Cheddar Feta Parm Peplack Cottage Cheese Eggs Milk Kefir SourCream Yogurt Miscellaneous:  Asiago Blue Brie Chicken - organic,pasture-raised daily Ham Strawberry Mango Mingo Mango  Cherry Strawberry Mango Mango  Cherry Strawberry Mango  Mango  Cherry Strawberry Mango  Mango  Cherry Strawberry Mango  Mango  Cherry Strawberry Mango  Mango  Cherry Strawberry Mango  Mango  Cherry Strawberry Mango  Mango  Cherry Strawberry Mango  Mango  Cherry Strawberry Mango  Mango  Cherry Strawberry Mango  Cherry Strawberry Mango  Mango  Cherry Strawberry Mango  HBA / Household:  Cod, not farmed/Atlantic  Cod, not farmed/Atlantic  Crab Haddock Hake Halibut, Pacific Pollock Salmon, wild  fresh smoked Shrimp - IQF , not farmed/Atlantic Scallops - dry		2									
Blue Brie Cheddar Cheddar Feta Feta Parm PepJack Cottage Cheese Eggs Milk Buttermilk Kefir SourCream Yogurt Pollock Salmon, wild fresh smoked Shrimp - IQF , not farmed/Atlantic Scallops - dry				1		,, 0					
Brie Cheddar Feta Feta Fish: buy wild-caught, sustainable HBA / Household:  Bream ChileanSeaBass, not farmed/Atlantic Cottage Cheese Eggs Milk Buttermilk Kefir SourCream Yogurt Halibut, Pacific Pollock Salmon, wild fresh smoked  Miscellaneous:  Mango  Ma					o.ga	•					
Cheddar Feta Parm PepJack Cottage Cheese Eggs Milk Kefir SourCream Yogurt Miscellaneous:  Ix wk Turkey Fish: buy wild-caught, sustainable Bream ChileanSeaBass, not farmed/Atlantic Cod, not farmed/Atlantic Crab Haddock Hake Halibut, Pacific Pollock Salmon, wild fresh smoked Shrimp - IQF , not farmed/Atlantic Scallops - dry		1 1	1		organic.pasture-raised	•					
Feta Parm PepJack Cottage Cheese Eggs Milk Buttermilk Kefir SourCream Yogurt Miscellaneous:  Fish: buy wild-caught, sustainable Bream ChileanSeaBass, not farmed/Atlantic Cod, not farmed/Atlantic Crab Haddock Haddock Hake Halibut, Pacific Pollock Salmon, wild fresh smoked Shrimp - IQF , not farmed/Atlantic Scallops - dry		1			•						
Parm PepJack Cottage Cheese Eggs Milk Kefir SourCream Yogurt Miscellaneous:  Bream ChileanSeaBass, not farmed/Atlantic Cod, not farmed/Atlantic Crab Haddock Hake Halibut, Pacific Pollock Salmon, wild fresh smoked Shrimp - IQF , not farmed/Atlantic Scallops - dry						HBA / Household:					
PepJack Cottage Cheese Eggs Milk Buttermilk Kefir SourCream Yogurt Miscellaneous:  Cod, not farmed/Atlantic Crab Haddock Hake Halibut, Pacific Pollock Salmon, wild fresh smoked Shrimp - IQF , not farmed/Atlantic Scallops - dry				-		11211, 110000113141					
Cottage Cheese Eggs Milk Buttermilk Kefir SourCream Yogurt Miscellaneous:  Cod, not farmed/Atlantic Crab Haddock Hake Halibut, Pacific Pollock Salmon, wild fresh smoked Shrimp - IQF , not farmed/Atlantic Scallops - dry		1 1		ChileanSeaBass, no	ot farmed/Atlantic		_				
Eggs Milk Buttermilk Kefir SourCream Yogurt Miscellaneous:  Miscellaneous:  Crab Haddock Hake Halibut, Pacific Pollock Salmon, wild  fresh smoked Shrimp - IQF , not farmed/Atlantic Scallops - dry											
Milk Buttermilk Haddock Kefir Hake SourCream Yogurt Pollock Salmon, wild fresh smoked Shrimp - IQF , not farmed/Atlantic Scallops - dry		_					_				
Kefir SourCream Yogurt Pollock Salmon, wild fresh smoked Shrimp - IQF , not farmed/Atlantic Scallops - dry		Buttermilk		Haddock			_				
Yogurt  Pollock Salmon, wild  fresh smoked Shrimp - IQF , not farmed/Atlantic Scallops - dry				Hake			_				
Yogurt  Pollock Salmon, wild  fresh smoked Shrimp - IQF , not farmed/Atlantic Scallops - dry	SourCr	ream		Halibut, Pacific			_				
Salmon, wild	Yogurt			Pollock			_				
Shrimp - IQF , not farmed/Atlantic Scallops - dry				Salmon, <i>wild</i>			_				
Shrimp - IQF , not farmed/Atlantic Scallops - dry				fresh			_				
Scallops - dry				smoked	İ		_				
				Shrimp - IQF , not f	armed/Atlantic		_				
Tilapia, not farmed/Atlantic							_				
<u> </u>	<u></u>			Tilapia, not farmed	/Atlantic						