

Fruits and vegetables

- Apple
- Artichoke hearts
- Avocado
- Banana
- Bell peppers
- Berries (blackberries, blueberries, raspberries, strawberries)
- Carrot
- Cauliflower
- Celery
- Cucumber
- Dried fruit (apricots, dates, figs)
- Eggplant
- Grapes
- Green beans
- Kale
- Olives
- Onion
- Potatoes, sweet and regular
- Romaine lettuce
- Spinach
- Tomatoes
- Zucchini

Grains

- Bulgur
- Granola
- Farro
- Pasta
- Quinoa
- Rice
- Tortillas
- Whole-wheat bread/baguette

Dairy

- Almond or cow's milk
- Cottage cheese
- Feta cheese
- Plain Greek yogurt
- Parmigiano Reggiano cheese

Protein

- Cannellini beans
- Chicken breast
- Cod or other white fish
- Eggs
- Hummus
- Garbanzo beans
- Lentils
- Raw shrimp
- Salmon

Condiments

- Avocado oil
- Balsamic vinegar
- Extra-virgin olive oil
- Honey
- Lemon juice
- Mustard
- Red wine vinegar
- Sea salt
- Tomato puree
- Vegetable broth
- White vinegar

Baking

- All-purpose flour
- Almond flour
- Dry active yeast
- Sugar
- Vanilla extract

Nuts/Seeds

- Almonds
- Chia seeds
- Pistachios
- Pine nuts
- Sesame Seeds
- Walnuts

Herbs/Spices

- Basil
- Cayenne pepper
- Cinnamon
- Coriander
- Cracked black pepper
- Cumin
- Dill weed
- Dried oregano
- Garlic
- Ginger
- Mint leaves
- Oregano
- Paprika
- Parsley
- Red pepper flakes
- Shredded coconut
- Sundried tomato
- Turmeric