

Protien

- Chicken
- Ground Chicken
- Ground Beef
- Beef Roast
- Pork Roast
- Turkey
- Steak
- Seafood
- Bacon
- Breakfast Sausage
- Italian Sausage
- Chorizo
- Lunch Meat

Vegetables

- Acorn Squash
- Arugla
- Asparagus
- Bell Peppers
- Broccoli
- Brussel Sprouts
- Butternut Squash
- Cabbage
- Carrots
- Califlower
- Celery
- Cucumber
- Delicata Squash
- Garlic
- Green Beans
- Greens (aruglua, etc)
- Kale
- Lettuce
- Mushroom
- Onion/Shallots
- Snow/Sugar snap peas
- Spaghetti Squash
- Spinach
- Sweet Potatos/Yams
- Tomato
- Turnips
- Zucchini

Fruit

- Apples
- Apricots
- Avocado
- Banana
- Blackberries
- Blueberries
- Cherries
- Dates/Figs
- Grapefruit
- Grapes
- Kiwi
- Lemon
- Limes
- Mango
- Melon
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranit
- Raspberries
- Strawberries
- Watermelon
- Dried Fruit (limit)



Fats

- Avocado Oil
- Clarified Butter
- Ghee
- Coconut Oil
- Extra- Virgin Olive Oil
- Coconut Butter
- Olives

Nuts/Seeds

- Almond
- Brazil Nuts
- Cashew
- Hazelnuts
- Macadamia Nuts
- Pecans
- Pepitas

- Pine Nuts
- Pistachio
- Sesame Seeds
- Sunflower Seeds
- Walnuts

Misc. Items

- Coconut Milk
- Salsa Verde
- Red Win Vinegar
- Apple/White Vinegar
- Yellow Mustard
- Coconut Flour
- Almond Flour
- Tapioca Flour
- RX Bar
- Lara Bar
- Vital Protiens
- Jerky Sticks
- Coconut Aminos