

NAME

CHECK YES NO OR SOMETIMES FOR YOUR PREFERENCES

VEGETABLES

<u>BEANS</u>	Y	N	S	<u>CORN</u>	Y	N	S
Green Beans				White Corn			
Peas				Yellow Corn			
Snap Peas				Popping Corn			
Snow Peas							
Soy Beans (edamame)				<u>CUCUMBER</u>	Y	N	S
				Cucumber			
<u>BEETS</u>	Y	N	S	European Cucumber			
Red Beets				Kosher Pickles			
Chioglia Beets				Sweet Pickles			
Red Baby Beets				Spicy Pickles			
				<u>EGGPLANTS</u>	Y	N	S
<u>BELL PEPPERS</u>	Y	N	S	Eggplant			
Green Pepper				Japanese Eggplant			
Red Pepper							
Yellow Pepper				<u>FLOWERS</u>	Y	N	S
Orange Pepper				Broccoli			
				Brussels Spouts			
<u>BOK CHOY</u>	Y	N	S	Cauliflower			
				<u>HOT PEPPERS</u>	Y	N	S
<u>CABBAGE</u>	Y	N	S	Jalapeno			
Green Cabbage				Poblano Chili			
Napa Cabbage				Serrano Pepper			
Savoy Cabbage							
Red Cabbage				<u>LETTUCE</u>	Y	N	S
				Arugula			
<u>CARROTS</u>	Y	N	S	Butter			
Baby Carrots				Endive			
Bunch Carrots				Green Leaf			
				Iceberg			
				Baby Romaine			
<u>COOKING STALKS</u>	Y	N	S	Mixed Baby Romaine			
Anise/Fennel				Radicchio			
Artichokes				Red Leaf			
Asparagus				Romaine			
Celery				Spinach			
				Watercress			

VEGETABLES CONTINUED:

NAME

<u>MUSHROOMS</u>	Y	N	S	<u>SPINACH</u>	Y	N	S
Brown Button				Baby Spinach			
Crimini				Bunched Spinach			
Oyster							
Portobello				<u>SPROUTS</u>	Y	N	S
Shitake				Alfalfa Sprouts			
White Button				Bean Sprouts			
				Sunflower Sprouts			
<u>ONIONS</u>	Y	N	S	Spicy Sprouts			
Chives							
Green Onions (scallions)				<u>SUMMER SQUASH</u>	Y	N	S
Shallot				Banana Squash			
Sweet Onion				Crookneck Squash			
White Onion				Patty Pan Squash			
Yellow Onion				Yellow Squash			
				Zucchini			
<u>POTATOES</u>	Y	N	S				
Red				<u>TOMATOES</u>	Y	N	S
Russet				Cherry			
White				Cluster			
Yellow				Heirloom			
Yukon				Roma			
<u>RHUBARB</u>	Y	N	S				
Burdock Root				<u>WINTER GREENS</u>	Y	N	S
Daikon				Chard			
Horse Radish				Collards			
Jerusalem Artichoke				Escarole			
Jicama				Kale			
Kohlrabi				Mustard Greens			
Parsnips				Rainbow Chard			
Radishes				Red Kale			
Rutabagas							
Sunchoke				<u>WINTER SQUASH</u>	Y	N	S
Taro Root				Acorn			
Turnips				Butternut			
				Delicata			
				Kabocha			
				Pumpkin			
				Spaghetti			

NAME

<u>FRUITS & BERRIES</u>	Y	N	S	<u>NUTS & SEEDS</u>	Y	N	S
Apples				Almonds			
Apricots				Caraway			
Avocados				Cashews			
Banana				Chestnuts			
Blackberries				Coconut			
Blueberries				Flax Seed			
Boysenberries				Hazelnuts			
Cherries				Peanuts			
Cranberries				Pecans			
Dates				Pine Nuts			
Figs				Pistachio			
Grapefruit				Poppy Seeds			
Grapes				Pumpkin Seeds			
Kiwi				Sesame Seeds			
Lemons				Sunflower Seeds			
Limes				Walnuts			
Mango							
Nectarines				<u>HERBS & SPICES</u>	Y	N	S
Ollaliberries				Basil			
Oranges				Black Pepper			
Papaya				Cardamom			
Peach				Chili Powder			
Pears				Cilantro			
Persimmons				Cinnamon			
Pineapple				Coriander			
Plum				Cumin			
Pomegranate				Curry			
Raspberries				Dill			
Strawberries				Fennel			
				Ginger			
<u>DRIED FRUIT</u>	Y	N	S	Lemongrass			
Apple				Marjoram			
Cherry				Mint			
Currants				Nutmeg			
Mango				Oregano			
Papaya				Parsley			
Pineapple				Red Pepper			
Raisins				Rosemary			
				Saffron			
<u>MISCELLANEOUS</u>	Y	N	S	Sage			
Black Olives				Sorrel			
Capers				Tarragon			
Greek Olives				Thyme			
Green Olives				Turmeric			
Nicoise Olives							
Pimentos							

Sun Dried Tomatoes			
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PROTEINS

NAME

<u>BEEF & PORK</u>	Y	N	S	<u>BEANS</u>	Y	N	S
Flank Steak				Adzuki			
Ground Beef				Black Beans			
Ham				Black Eyed Peas			
Lamb				Canellini Beans			
London Broil				Chickpeas			
New York Strip				Cranberry Beans			
Pepperoni				Garbanzo Beans			
Pork Roast				Kidney Beans			
Pork Sausage				Lentils			
Pork Tenderloin				Lima Beans			
Roast Beef				Navy Beans			
Salami				Pinto Beans			
Stew Beef				Soy Beans			
Tenderloin				Split Peas			
Tri Tip							
Veal							
				<u>DAIRY</u>	Y	N	S
<u>POULTRY</u>	Y	N	S	Butter			
Skinless				Cottage Cheese 2 %			
Bone In				Cottage Cheese Fat Free			
Boneless				Ghee			
Cornish Hens				Half & Half			
Dark Meat				Fat Free Half & Half			
Duck				Heavy Cream			
Turkey				Margarine			
Turkey Sausage				1 % Milk			
White Meat				2 % Milk			
With Skin				Fat Free Milk			
				Lactose Free Milk			
<u>SEAFOOD</u>	Y	N	S	Whole Milk			
Clams				Fat Free Sour Cream			
Cod				Light Sour Cream			
Crab				Sour Cream			
Haddock				Fat Free Yogurt			
Halibut				Low Calorie Yogurt			
Lobster				Whole Milk Yogurt			
Mussels				Yogurt Flavors			
Salmon				Yogurt Plain			
Scallop							
Sea Bass							
Shrimp							
Sole							
Swordfish							
Tuna							

PROTEINS CONTINUED:

NAME

<u>EGGS</u>	Y	N	S	<u>SEA VEGETABLES</u>	Y	N	S
Eggs				Dulse			
Egg Beaters				Hijiki			
Egg White				Kombu			
Egg Yolk				Nori			
Quiches				Wakame			
<u>CHEESES</u>	Y	N	S	<u>SWEETENERS</u>	Y	N	S
Blue Cheese				Amasake			
Brie				Barley Malt			
Cheddar				Brown Sugar			
Goat				Carob			
Gouda				Honey			
Havarti				Maple Syrup			
Jack				Rice Syrup			
Mozzarella				Stevia			
Muenster				Succanet			
Parmesan				White Sugar			
Provolone				Xylitol			
Romano							
				<u>GRAINS & FLOURS</u>	Y	N	S
<u>SOY</u>				Amaranth			
Rice Milk				Barley			
Seitan				Basmati Rice			
Soy Milk				Bran			
Tempeh				Brown Rice			
Tofu				Buckwheat			
				Bulgur			
<u>BREADS & PASTA</u>	Y	N	S	Cornmeal			
Brown Rice Bread				Couscous			
Corn Tortilla				Jasmine Rice			
Dinner Rolls				Millet			
Multi Grain Bread				Potato Flour			
Pita Bread				Quinoa			
Sourdough				Rolled Oats			
White Bread				Rye			
White Pasta				Wheat Flour			
White Tortilla				White Flour			
Whole Wheat Pasta				White Rice			
Whole Wheat Tortilla				Wild Rice			