

# FOOD

## Real food to eat.

### PROTEINS

- Beef
- Bison
- Boar
- Buffalo
- Chicken Breast
- Chicken Thigh
- Duck
- Game
- Lamb
- Ostrich
- Pork
- Turkey
- Veal
- Venison
- Catfish
- Clam
- Halibut
- Herring
- Lobster
- Mackerel
- Mahi Mahi
- Oyster
- Salmon
- Sardines
- Scallops
- Shrimp
- Snapper
- Swordfish

### VEGGIES

- Artichoke
- Asparagus
- Beets
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Collards
- Cucumber
- Daikon
- Green Beans
- Jicama
- Kale
- Leeks
- Lettuce
- Mushrooms
- Mustard
- Greens
- Okra
- Onions
- Peppers
- Radish
- Seaweed
- Snap Peas
- Spinach

### FRUITS

- Apples
- Apricot
- Avocado
- Banana
- Blackberries
- Blueberries
- Cherries
- Cranberries
- Figs
- Grapefruit
- Grapes
- Guava
- Kiwi
- Lemon
- Lime
- Mango
- Melon
- Oranges
- Peaches
- Pears
- Pineapple
- Plantain
- Plum
- Pomegranate
- Raspberries
- Strawberries

### NUTS, SEEDS & OTHER FATS

- Almonds
- Brazil Nut
- Chestnut
- Hazelnut
- Macadamia
- Pecans Pine
- Pistachios
- Pumpkin
- Sunflower
- Walnut
- Avocado & Oil
- Olives
- Bacon Fat
- Butter
- Coconut Oil
- Coconut Milk
- Duck Fat
- Ghee
- Lard
- Macadamia
- Oil Olive Oil
- Palm Oil
- Sesame Oil

### DAIRY & OTHER DAIRY LIKE THINGS

- Goat Milk
- Greek Yogurt
- Almond Milk
- Coconut Milk
- Coconut Yogurt

### GRAINS & OTHER FUEL CARBS

- Plain full flake or steel cut oats
- Plain amaranth
- Plain quinoa
- Plain millet
- Plain wheat berries
- Plain barley
- Plain wild rice
- White Potato
- Sweet Potato

### HERBS & SPICES

- Basil
- Bay Leaf
- Carob
- Cayenne
- Pepper
- Celery Seed
- Chili Pepper
- Chive
- Cilantro
- Cinnamon
- Clove Cumin
- Curry Dill
- Fennel
- Fenugreek
- Garlic Ginger
- Lavender
- Lemongrass
- Licorice Mint
- Mustard
- Oregano
- Paprika
- Parsley
- Pepper
- Rosemary
- Thyme
- Tumeric
- Vanilla
- Wasabi