

VEGETABLES

GREENS
RED PEPPERS
SQUASH
AVOCADO
LETTUCE
CABBAGE
BRUSSEL SPROUTS
BROCCOLI
CAULIFLOWER
JAPANESE BLEND
CALIFORNIA BLEND

PROTEIN

HAMBURGER
BEEF
LAMB
CHICKEN
FISH
SHELLFISH
PORK
EGGS

HERBS/SPICES

CILANTRO
CURRY POWDER
21 SALUTE SPICE
GINGER
OLD BAY
GARLIC
TURMERIC
SCALLIONS
BLACK PEPPER
CINNAMON
SALT

OIL

COCONUT OIL
OLIVE OIL
AVOCADO OIL
GRASS FED BUTTER
GHEE

SAUCES

FISH SAUCE
APPLE CIDER VINEGAR
TAMARI SAUCE
MUSTARD
CURRY SAUCE
BONE BROTH