



# Body Mind Spirit



## Approved Food List

PRODUCE	
ARTICHOKEs	ACORN SQUASH
ARUGULA	APPLES
ASPARAGUS	APRICOTS
BELL PEPPERS	AVOCADOS
BOK CHOY	BANANAS
BROCCOLI	BEETS
BRUSSELS SPROUTS	BLACKBERRIES
CABBAGE	BLUEBERRIES
CARROTS	BUTTERNUT SQUASH
CAULIFLOWER	CANTALOUPE
CELERY	CHERRIES
COLLARD GREENS	COCONUT
CUCUMBERS	CORN
DANDELION GREENS	CRANBERRIES
EGGPLANT	PAPAYA
FENNEL	PARSNIPS
GREEN BEANS	PEACHES
JICAMA	GOJI BERRIES
KALE	GRAPES
LEEKs	GRAPEFRUIT
LEMONS	HONEYDEW
LETTUCE	KIWI
LIMES	MANGOES
MESCLUN	NECTARINES
MUSHROOMS	ORANGES
MUSTARD GREENS	PEAS
OKRA	PEARS
ONIONS	PLUMS
RADISH	POMEGRANATES
SEA VEGETABLES	PUMPKIN
SHIITAKE MUSHROOMS	RASPBERRIES
SNAP PEAS	RED GRAPES
SPINACH	SPAGHETTI SQUASH
SWISS CHARD	STRAWBERRIES
TOMATOES	SUMMER SQUASH
YAMS	TANGERINES
WATERCRESS	TURNIPS
ZUCCHINI	WINTER SQUASH

BEANS	SEEDS
ADZUKI BEANS	AMARANTH
BLACK BEANS	BUCKWHEAT
BLACK-EYED PEAS	CHIA
FAVA BEANS	FLAX
KIDNEY BEANS	HEMP
PINTO BEANS	MILLET
GARBANZO BEANS	PUMPKIN
LENTILS	QUINOA
LIMA BEANS	SUNFLOWER
NAVY BEANS	SESAME
SOYBEANS	
SPLIT PEAS	
WHITE BEANS	
NUTS	FLOUR
ALMOND BUTTER	ALMOND
ALMONDS	AMARANTH
BRAZIL NUTS	ARROWROOT
COCONUT BUTTER	BUCKWHEAT
CASHEWS	COCONUT
HAZELNUTS	GLUTEN-FREE
MACADAMIA NUTS	ORGANIC SPROUTED
PECANS	
PINE NUTS	
PISTACHIOS	
WALNUTS	

MEATS & PROTEIN	
FLOUNDER	CHICKEN
HADDOCK	TURKEY
HERRING	LAMB
MACKEREL	GRASSFED
SALMON	BEEF
SARDINES	
SNAPPER	EGGS
TROUT	TOFU
TUNA (LOW-MERCURY)	

BAKING & SWEETENERS	CONDIMENTS, SAUCES & PASTES
ALMOND EXTRACT	CANNED TOMATOES
VANILLA EXTRACT	TOMATO PUREE
BAKING POWDER	DIJON MUSTARD
BAKING SODA	MARINARA SAUCE
CACAO (RAW)	TAHINI
COCOA POWDER	SOY SAUCE
HONEY	
MAPLE SYRUP	
STEVIA (LIQUID)	GUACAMOLE
HERBS, SPICES & SEASONINGS	OILS
BASIL	AVOCADO
CHILIES	COCONUT
CINNAMON	FLAXSEED
CILANTRO	EXTRA VIRGIN OLIVE
CLOVE	GRAPE SEED
CORIANDER	SESAME
CUMIN	
CURRY	
DILL	
GARLIC	
GINGER	
KIMCHI	
MARJORAM	
MISO	
MUSTARD	
NUTMEG	
OREGANO	
PARSLEY	
ROSEMARY	
SAFFRON	
SAGE	
THYME	
TURMERIC	
VINEGERS	
APPLE CIDER	
BALSAMIC	

BEVERAGES	NON-DAIRY MILK
TEAS	ALMOND
COFFEE	COCONUT
COCONUT WATER	CASHEW
FRESHLY	PEA
SQUEEZED JUICE	SOY