



**LEGUMES**

Black Beans  
Black-Eyed Peas  
Butter Beans  
Cannellini Beans  
Chickpeas (Garbanzo Beans)  
Edamame  
Great Northern Beans  
Kidney Beans  
Lentils  
Lima Beans  
Mung Beans  
Navy Beans  
Pinto Beans  
Soy Beans  
Split Peas

**WHOLE GRAINS &  
WHOLE GRAIN PRODUCTS**

Amaranth  
Barley  
Brown Rice  
Buckwheat  
Couscous (whole grain)  
Millet  
Oats  
Pasta (whole wheat and vegetable)  
Polenta  
Popcorn  
Quinoa  
Rye  
Wild Rice

**MILK ALTERNATIVES**

Soy  
Rice  
Almond  
Flax  
Oat  
Hazelnut

**CONDIMENTS**

Aminos  
Hot Sauce  
Mustard  
Pesto  
Soy Sauce  
Vegetable Stock

**SWEETENERS**

Apricots  
Date Syrup  
Dates  
Dried Cranberries  
Figs  
Goji Berries  
Maple Syrup  
Molasses  
Raisins  
Rice Syrup

**BREADS / FLOURS**

100% Whole grain breads  
Whole Wheat tortillas  
Sprouted grain breads

**SEEDS**

Chia  
Flax  
Hemp  
Sesame  
Sunflower  
Pumpkin

**OTHER**

Aluminium-Free Baking Powder  
Cocoa or Carob Powder  
Diced Tomatoes  
Natural Nut Butters  
Nutritional Yeast  
Tahini  
Tomato Paste  
Vanilla Extract

**OILS / VINEGARS**

Apple Cider Vinegar  
Avocado Oil  
Balsamic Vinegar  
Olive Oil  
Red Wine Vinegar  
Rice Vinegar  
Walnut Oil

**FLOURS**

Wheat Flour  
Spelt Flour  
Chickpea Flour  
Oat Flour

**NUTS**

Almonds  
Brazil Nuts  
Cashews  
Hazelnuts (Filberts)  
Walnuts

When possible purchase organic low sodium versions. Also make sure you are purchasing 100% whole grain. Don't be fooled by whole wheat flour. Whole wheat flour is just flour. Look for sprouted when available. Remember that there are substitutions and most times you can create great alternatives to the old favorites. Use fruit for sweeteners and hot sauce or red pepper will help you cut down on salt cravings. But most of all - have fun!

