

PROTEIN

chicken brown or black rice cumin turkey farro coriander seeds grassfed beef sprouted bread cayenne pepper fresh wild seafood whole wheat pasta sea salt fresh wild seafood whole wheat tortillas cinnamon fresh wild seafood whole wheat tortillas cinnamon fresh garlic fresh garlic dding FRUIT & VEGETABLES fresh ginger unsweet plain yogurt fuil fresh turmeric goat cheese apple poning staples organic full-fat milk apple poning staples nut milk banana apple cider vinegar berries tamari coconut GRANS, NUTS & SEEDS citrus dijon mustard coconut olive oil avocado oil pepitas pineapple red wine vinegar guinoa spinach avocado oil guinoa spinach almond meal almonds zucchini brown rice flour cashews carrots baking powder walnuts broccoli </th <th>meat & poulity</th> <th>grains cont.</th> <th>herbs & spices</th>	meat & poulity	grains cont.	herbs & spices
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steel cut oats 🛛 bell peppers 🗍 vanilla beans	grains		
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harley and spinach a coconut cream	☐ barley	spinach	coconut cream

□ celery

CONDIMENTS & DRY GOODS

- □ barley
- millet