

Categories	Foods
Meats & Poultry	Beef, Buffalo, Lamb, Mutton, Veal, Venison
Seafood	Bluefish, Cod, Hake, Halibut, Herring, Mackerel, Pike, Rainbow Trout, Red Snapper, Salmon, Sardine, Shad, Sole, Striped Bass, Sturgeon, Swordfish, Tilefish, White Perch, Whitefish, Yellow Perch, Yellowtail
Oils & Fats	Linseed Oil, Olive Oil
Nuts & Seeds	Pumpkin Seeds, Walnuts
Beans & Legumes	Adzuke (Beans), Adzuki (Beans), Pinto (Beans), Black Eyed (Peas)
Breads & Muffins	Essene Bread, Ezekiel Bread
Vegetables	Beet Leaves, Broccoli, Chicory, Collard Greens, Dandelion, Escarole, Garlic, Horseradish, Kale, Kohlrabi, Leek, Romaine (Lettuce), Okra, Red (Onions), Spanish Yellow (Onions), Parsley, Parsnips, Red (Peppers), Sweet (Potatoes), Pumpkin, Seaweed, Spinach, Swiss Chard, Turnips
Fruit	Dried (Figs), Fresh (Figs), Dark Green (Plumps), Red (Plumps), Prunes
Juices & Fluids	Black (Cherry), Pineapple, Prune
Spices	Carob, Curry, Dulse, Kelp, Parsley, Cayenne Pepper, Turmeric
Herbal Teas	Chickweed, Fenugreek, Ginger, Hops, Linden, Mulberry, Pappermint, Rose Hips, Sarsaparilla, Slippery Elm
Misc Beverages	Club Soda, Seltzer Water