

Categories	Foods
Seafood	Carp, Cod, Grouper, Mackerel, Monkfish, Pickerel, Red Snapper, Rainbow Trout, Salmon, Sardine, Perch, Snail, Whitefish, Yellow Perch
Eggs & Dairy	Soya Cheese, Soy Milk
Oils & Fats	Linseed Oil, Olive Oil
Nuts & Seeds	Peanuts, Peanut Butter, Pumpkin Seeds
Beans & Legumes	Adzuki (Beans), Adzuki (Beans), Black (Beans), Green (Beans), Pinto (Beans), Red Soy (Beans), Green (Lentils), Black Eyed (Peas)
Cereals	Amaranth, Buckwheat, Kasha
Breads & Muffins	Essene Bread, Ezekiel Bread, Rice Cakes, Soy Flour Bread, Sprouted Wheat Bread
Grains & Pastas	Oat (Flour), Rice Rye (Flour), Soba Pasta (Flour), Artichoke (Flour)
Vegetables	Beet Leaves, Broccoli, Carrots, Chicory, Collard Greens, Dandelion, Escarole, Garlic, Horseradish, Kale, Leek, Romaine (Lettuce), Okra, Red (Onions), Spanish Yellow (Onions), Parsley, Parsnips, Pumpkin, (Sprouts), Swiss Chard, Tempeh, Tofu, Turnips
Fruit	Apricots, Blackberries, Blueberries, Cherries, Cranberries, Dried (Figs), Fresh (Figs), Grapefruit, Lemon, Dark Green (Plumps), Red (Plumps), Prunes, Raisins
Juices & Fluids	Apricot, Carrot, Celery, Black (Cherry), Grapefruit, Prune, Water (with lemon), Pineapple
Condiments	Mustard
Spices	Barley Malt, Blackstrap Molasses, Garlic, Ginger, Miso, Soy Sauce, Tamari
Herbal Teas	Alfalfa, Aloe, Burdock, Chamomile, Echinacea, Fenugreek, Ginger, Ginseng, Green tea, Hawthorn, Hips, Saint-John's-Wort, Slippery Elm, Valerian
Misc Beverages	Regular (Coffee), Decaf (Coffee), Green (Tea), Red (Wine)