



## FATS

nuts and nut butters  
 avocado   
 butter  
 cheese  
 cream  
 mayo  
 oils   
 whole eggs  
 full fat meats  
 chocolate  
 ice cream \*   
 nut flour

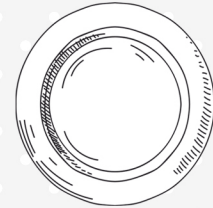
\*Bryers Carb Smart  
 and no sugar added coconut cream

# Neutral Choices



## UNLIMITED/EITHER PLATE

spices  
 lemons & limes  
 berries  
 asparagus  
 broccoli   
 cabbage  
 cauliflower  
 celery  
 cucumber  
 egg plant  
 green beans   
 all greens  
 mushrooms  
 onions  
 peppers  
 sprouts  
 squash  
 tomatoes (salsa)   
 zucchini  
 Dreamfields pasta  
 Okios 000 yogurt  
 Low carb/Whole wheat  
 Mission wraps



## CARBS/STARCHES

sprouted breads  
 sprouted cereal  
 blue corn chips  
 old fashioned oats  
 apples  
 apricots  
 bananas  
 grapes  
 kiwi   
 melon   
 oranges/tangerines  
 peaches  
 nectarines  
 pears  
 pineapple  
 plums  
 popcorn   
 quinoa  
 rice (brown, wild)  
 beans  
 hummus  
 lentils  
 carrots  
 corn  
 potatoes (sweet)  
 WASA crackers (4)

