

<p>Fresh vegetables</p> <ul style="list-style-type: none"> <input type="checkbox"/> Artichoke <input type="checkbox"/> Arugula <input type="checkbox"/> Asparagus <input type="checkbox"/> Avocado <input type="checkbox"/> Bamboo shoots <input type="checkbox"/> Beets <input type="checkbox"/> Bell peppers <input type="checkbox"/> Bok choy <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussels sprouts <input type="checkbox"/> Cabbage <input type="checkbox"/> Carrots <input type="checkbox"/> Cassava <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Chard <input type="checkbox"/> Collard greens <input type="checkbox"/> Corn <input type="checkbox"/> Crisphead lettuce <input type="checkbox"/> Cucumber <input type="checkbox"/> Daikon <input type="checkbox"/> Eggplant <input type="checkbox"/> Endive <input type="checkbox"/> Garlic <input type="checkbox"/> Ginger <input type="checkbox"/> Hot peppers <input type="checkbox"/> Jicama <input type="checkbox"/> Kale <input type="checkbox"/> Kohlrabi <input type="checkbox"/> Leaf lettuce <input type="checkbox"/> Mushrooms <input type="checkbox"/> Nopales <input type="checkbox"/> Okra <input type="checkbox"/> Onions <input type="checkbox"/> Peas <input type="checkbox"/> Potatoes <input type="checkbox"/> Radishes <input type="checkbox"/> Radicchio <input type="checkbox"/> Romaine lettuce <input type="checkbox"/> Shallots / Leeks <input type="checkbox"/> Spinach <input type="checkbox"/> Sprouts <input type="checkbox"/> Squash <input type="checkbox"/> Sweet potatoes <input type="checkbox"/> Taro <input type="checkbox"/> Tomatillo <input type="checkbox"/> Tomatoes <input type="checkbox"/> Turnips / Parsnips <input type="checkbox"/> Water chestnuts <input type="checkbox"/> Watercress <input type="checkbox"/> Zucchini <input type="checkbox"/> _____ <input type="checkbox"/> _____ 	<p>Fresh fruits</p> <ul style="list-style-type: none"> <input type="checkbox"/> Apples <input type="checkbox"/> Apricots <input type="checkbox"/> Avocados <input type="checkbox"/> Bananas <input type="checkbox"/> Blackberries <input type="checkbox"/> Blueberries <input type="checkbox"/> Cantelope <input type="checkbox"/> Cherries <input type="checkbox"/> Cranberries <input type="checkbox"/> Dates / Figs <input type="checkbox"/> Grapes <input type="checkbox"/> Grapefruit <input type="checkbox"/> Guava <input type="checkbox"/> Honeydew / Muskmelon <input type="checkbox"/> Kiwis <input type="checkbox"/> Kumquats <input type="checkbox"/> Lemons <input type="checkbox"/> Limes <input type="checkbox"/> Lychee <input type="checkbox"/> Mango <input type="checkbox"/> Mangosteen <input type="checkbox"/> Oranges <input type="checkbox"/> Papaya <input type="checkbox"/> Peaches <input type="checkbox"/> Pears <input type="checkbox"/> Pineapple <input type="checkbox"/> Plantains <input type="checkbox"/> Plums <input type="checkbox"/> Pomegranate <input type="checkbox"/> Quince <input type="checkbox"/> Raspberries <input type="checkbox"/> Rhubarb <input type="checkbox"/> Strawberries <input type="checkbox"/> Watermelon <input type="checkbox"/> _____ <input type="checkbox"/> _____ <p>Beans</p> <ul style="list-style-type: none"> <input type="checkbox"/> Black beans <input type="checkbox"/> Black-eyed peas <input type="checkbox"/> Chickpeas <input type="checkbox"/> Edamame <input type="checkbox"/> Fava beans <input type="checkbox"/> Kidney beans <input type="checkbox"/> Lentils <input type="checkbox"/> Lima beans <input type="checkbox"/> Mung beans <input type="checkbox"/> Navy beans <input type="checkbox"/> Pinto beans <input type="checkbox"/> Red beans <input type="checkbox"/> Split peas <input type="checkbox"/> White beans <input type="checkbox"/> _____ <input type="checkbox"/> _____ <p>Grains</p> <ul style="list-style-type: none"> <input type="checkbox"/> Amaranth <input type="checkbox"/> Barley <input type="checkbox"/> Brown rice <input type="checkbox"/> Buckwheat <input type="checkbox"/> Bulgur <input type="checkbox"/> Cornmeal <input type="checkbox"/> Couscous <input type="checkbox"/> Millet <input type="checkbox"/> Oatmeal <input type="checkbox"/> Quinoa <input type="checkbox"/> Sorghum <input type="checkbox"/> Wheat gluten (Seitan) <input type="checkbox"/> White rice <input type="checkbox"/> Wild rice <input type="checkbox"/> _____ <input type="checkbox"/> _____ 	<p>Herbs and spices</p> <ul style="list-style-type: none"> <input type="checkbox"/> Allspice <input type="checkbox"/> Anise <input type="checkbox"/> Bay leaf <input type="checkbox"/> Basil <input type="checkbox"/> Black pepper <input type="checkbox"/> Cayenne pepper <input type="checkbox"/> Celery seed <input type="checkbox"/> Chives <input type="checkbox"/> Chili powder <input type="checkbox"/> Cilantro <input type="checkbox"/> Cinnamon <input type="checkbox"/> Clove <input type="checkbox"/> Coriander <input type="checkbox"/> Cumin <input type="checkbox"/> Dill <input type="checkbox"/> Fennel <input type="checkbox"/> Garlic <input type="checkbox"/> Lavender <input type="checkbox"/> Lemongrass <input type="checkbox"/> Marjoram <input type="checkbox"/> Nutmeg <input type="checkbox"/> Oregano <input type="checkbox"/> Paprika <input type="checkbox"/> Parsley <input type="checkbox"/> Peppermint <input type="checkbox"/> Poppy seed <input type="checkbox"/> Red pepper <input type="checkbox"/> Rosemary <input type="checkbox"/> Saffron <input type="checkbox"/> Sage <input type="checkbox"/> Spearmint <input type="checkbox"/> Tarragon <input type="checkbox"/> Thyme <input type="checkbox"/> Turmeric <input type="checkbox"/> Vanilla <input type="checkbox"/> _____ <input type="checkbox"/> _____ <p>Canned foods</p> <ul style="list-style-type: none"> <input type="checkbox"/> Applesauce <input type="checkbox"/> Baked beans <input type="checkbox"/> Chili <input type="checkbox"/> Fruits <input type="checkbox"/> Olives <input type="checkbox"/> Soups <input type="checkbox"/> Tomatoes <input type="checkbox"/> Vegetable broth <input type="checkbox"/> Veggies <input type="checkbox"/> _____ <input type="checkbox"/> _____ <p>Condiments & Sauces</p> <ul style="list-style-type: none"> <input type="checkbox"/> Agave nectar <input type="checkbox"/> BBQ sauce <input type="checkbox"/> Brown rice syrup <input type="checkbox"/> Gravy <input type="checkbox"/> Harissa <input type="checkbox"/> Honey <input type="checkbox"/> Hot sauce <input type="checkbox"/> Jam / Jelly / Preserves <input type="checkbox"/> Ketchup / Mustard <input type="checkbox"/> Maple syrup <input type="checkbox"/> Mayo product <input type="checkbox"/> Peanut butter <input type="checkbox"/> Ponzu <input type="checkbox"/> Salad dressing <input type="checkbox"/> Salsa <input type="checkbox"/> Soy sauce <input type="checkbox"/> Sriracha <input type="checkbox"/> Stir fry sauce <input type="checkbox"/> Tomato sauce <input type="checkbox"/> _____ <input type="checkbox"/> _____ 	<p>Beverages</p> <ul style="list-style-type: none"> <input type="checkbox"/> Beer <input type="checkbox"/> Club soda / Tonic <input type="checkbox"/> Electrolyte water <input type="checkbox"/> Juices <input type="checkbox"/> Kombucha <input type="checkbox"/> Liquor <input type="checkbox"/> Mixers <input type="checkbox"/> Soda pop <input type="checkbox"/> Sports drink <input type="checkbox"/> Wine <input type="checkbox"/> _____ <input type="checkbox"/> _____ <p>Dairy & cheese or substitutes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Almond butter <input type="checkbox"/> Almond milk <input type="checkbox"/> Bleu cheese <input type="checkbox"/> Butter / Soy butter <input type="checkbox"/> Cheddar <input type="checkbox"/> Cottage cheese <input type="checkbox"/> Cream cheese <input type="checkbox"/> Cream / Soy creamer <input type="checkbox"/> Feta <input type="checkbox"/> Margarine / Soy marg. <input type="checkbox"/> Milk / Soy milk <input type="checkbox"/> Mozzarella <input type="checkbox"/> Parmesan <input type="checkbox"/> Provolone <input type="checkbox"/> Rice milk <input type="checkbox"/> Ricotta <input type="checkbox"/> Sandwich slices <input type="checkbox"/> Sour cream <input type="checkbox"/> Swiss <input type="checkbox"/> Whipped topping <input type="checkbox"/> Yogurt / Soy yogurt <input type="checkbox"/> _____ <input type="checkbox"/> _____ <p>Frozen</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fries / Tater tots <input type="checkbox"/> Ice cream / Soy I.C. <input type="checkbox"/> Phyllo / Puff pastry <input type="checkbox"/> Popsicles <input type="checkbox"/> Prepared meals <input type="checkbox"/> Sorbet <input type="checkbox"/> Vegetables <input type="checkbox"/> Veggie breakfasts <input type="checkbox"/> Veggie burgers <input type="checkbox"/> Veggie burritos <input type="checkbox"/> Veggie pizzas <input type="checkbox"/> _____ <input type="checkbox"/> _____ <p>Various groceries</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cereal <input type="checkbox"/> Chai <input type="checkbox"/> Coffee / Filters <input type="checkbox"/> Free-range eggs <input type="checkbox"/> Egg substitute <input type="checkbox"/> Hummus <input type="checkbox"/> Lemon / Lime juice <input type="checkbox"/> Nutritional yeast <input type="checkbox"/> Pancake / Waffle mix <input type="checkbox"/> Pasta <input type="checkbox"/> Pickles <input type="checkbox"/> Tahini <input type="checkbox"/> Tea <input type="checkbox"/> Tempeh <input type="checkbox"/> Tofu <input type="checkbox"/> TVP <input type="checkbox"/> _____ <input type="checkbox"/> _____ 	<p>Fresh-baked</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bagels / Croissants <input type="checkbox"/> Buns / Rolls <input type="checkbox"/> Cake <input type="checkbox"/> Donuts / Pastries <input type="checkbox"/> Fresh / Sliced bread <input type="checkbox"/> Pie! Pie! Pie! <input type="checkbox"/> Pitas / Tortillas <input type="checkbox"/> _____ <input type="checkbox"/> _____ <p>Home baking</p> <ul style="list-style-type: none"> <input type="checkbox"/> Baking powder / Soda <input type="checkbox"/> Bread crumbs <input type="checkbox"/> Cake icing / Decorations <input type="checkbox"/> Cake / Brownie mix <input type="checkbox"/> Chocolate chips / Cocoa <input type="checkbox"/> Flour <input type="checkbox"/> Stevia <input type="checkbox"/> Sugar <input type="checkbox"/> Sugar substitute <input type="checkbox"/> Vegetable shortening <input type="checkbox"/> Yeast <input type="checkbox"/> _____ <input type="checkbox"/> _____ <p>Vinegars</p> <ul style="list-style-type: none"> <input type="checkbox"/> Apple cider vinegar <input type="checkbox"/> Balsamic vinegar <input type="checkbox"/> Red wine vinegar <input type="checkbox"/> Rice vinegar <input type="checkbox"/> _____ <input type="checkbox"/> _____ 	<p>Oils</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sesame oil <input type="checkbox"/> Olive oil <input type="checkbox"/> Vegetable oil <input type="checkbox"/> White vinegar <input type="checkbox"/> _____ <input type="checkbox"/> _____ <p>Snacks</p> <ul style="list-style-type: none"> <input type="checkbox"/> Candy / Gum <input type="checkbox"/> Cookies <input type="checkbox"/> Crackers <input type="checkbox"/> Dried fruit / Trail mix <input type="checkbox"/> Granola / Cereal bars <input type="checkbox"/> Popcorn <input type="checkbox"/> Potato / Corn chips <input type="checkbox"/> Prunes / Raisins <input type="checkbox"/> Pretzels <input type="checkbox"/> _____ <input type="checkbox"/> _____ <p>Other</p> <ul style="list-style-type: none"> _____ _____ _____ _____ _____ _____ _____ _____ _____ _____
<p>FISH, BEEF, CHICKEN, can be added</p>					