### STAPLES
- Oils
  - Olive Oil
  - Extra-virgin olive oil
- Vinegar
  - Balsamic
  - Red wine
  - White wine
- A variety of dried herbs & spices
  - Basil
  - Parsley
  - Oregano
  - Cayenne pepper
  - Cinnamon
  - Cloves
  - Cumin
  - Coriander
  - Dill
  - Fennel seed
  - Ginger
  - Rosemary
- Red and white wine
- Garlic

### MEAT & SEAFOOD
- Clams
- Cod
- Crab meat
- Halibut
- Mussels
- Salmon
- Scallops
- Shrimp
- Tilapia
- Tuna
- Chicken breast*
- Chicken thighs*
- Lean red meat**

### CANNED & PACKAGED
- Olives
- Canned Tomatoes
- Dried & canned beans
  - Cannellini beans
  - Navy beans
  - Chickpeas
  - Black beans
  - Kidney beans
  - Lentils
- Canned tuna
- Whole Grains
  - Whole grain pasta
  - Bulgur
  - Whole wheat couscous
  - Quinoa
  - Brown rice
  - Barley
  - Faro
  - Polenta
  - Oats
- Whole wheat bread or pita
- Whole grain crackers
- Nuts & seeds
  - Almonds
  - Hazelnuts
  - Pine nuts
  - Walnuts
  - Cashews
  - Sunflower seeds
  - Sesame seeds

### PRODUCE
- Apples
- Artichokes
- Asparagus
- Avocado
- Bananas
- Beets
- Bell peppers
- Berries (all types)
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Celery
- Cherries
- Cucumbers
- Dates
- Eggplant
- Fennel
- Figs
- Grapes
- Green beans
- Kiwi
- Leafy greens
- Lemons
- Lettuce
- Limes
- Melons
- Mushrooms
- Nectarines
- Onions
- Oranges
- Peas
- Peaches
- Pears
- Plums
- Pomegranate
- Potatoes
- Shallots
- Spinach
- Squash
- Tomatoes
- Zucchini

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* In moderation, once to twice per week
** On rare occasions, once to twice monthly