



# Love & Organics Approved Food List

## **Vegetables**

- Amaranth greens
- Avocado
- Asparagus
- Bell Peppers (nightshade)
- Broccoli
- Brussel Sprouts
- Beets
- Cauliflower
- Cabbage
- Carrots
- Celery
- Cilantro
- Dandelion Greens
- Eggplants (nightshade)
- Garlic
- Green Beans
- Green Banana
- Izote – cactus flower/cactus leaf
- Lettuce (all the varieties except iceberg lettuce)
- Mushrooms (all, except Shitake)
- Microgreens
- Okra
- Olives
- Onion ( all types)
- Parsley
- Peas
- Purple potatoes
- Radishes
- Spinach / Kale / Arugula / Chards / Collards
- Squash – ( acorn, butternut, spaghetti ect.) ( except for pumpkin )
- Organic Golden Potatoes (nightshade)
- Sweet Potatoes
- Tomato – cherry & plum only ( nightshade)
- Tomatillo
- Turnip greens
- Watercress
- Zucchini



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## **Fruits ( All Seeded)**

- Organics Honey Crisp/Fuji Apples (small)
- Organic Bananas
- Berries – all varieties – no cranberries
- Cherries
- Currants
- Cucumber
- Dates
- Dragon Fruit
- Dried fruits ( prunes, raisins, blueberries)
- Figs
- Grapes -Seeded
- Guavas
- Jackfruit
- Lemons
- Lime (key limes preferred with seeds)
- Mangos
- Melons – Seeded ( Cantaloupe, Honeydew, Watermelon, Yellow watermelon)
- Oranges
- Papayas
- Peaches
- Pears
- Persimmons
- Plums
- Prickly Pear (Cactus Fig)
- Coconut
- Soursop
- Tamarind



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## Grains

- Amaranth
- Basmati Rice
- Brown Rice
- Black Rice
- Fonio
- Kamut
- Quinoa
- Steel Cut Oats
- Oats ( Gluten Free Sprouted ) ( Glyphosate free)
- Rye
- Spelt
- Teff
- Wild Rice

## Legumes

- Navy Beans
- Lima Beans
- ChickPeas/Garbanzo beans (White/ Dark)
- Cannellini Beans
- Kidney Beans
- Black Beans
- Lentils (All types)
- Split Green Peas
- Mung Beans

## Nuts and Seeds

- Hemp seeds
- Raw sesame seeds
- Walnuts
- Flax Seed
- Pumpkin seed
- Sunflower seeds
- Cashews
- Chia Seeds
- Brazil nuts
- Pistachios



# Love & Organics Approved Food List

## Oils

- Coconut oil (do not cook)
- Olive oil (do not cook)
- Avocado oil
- Grapeseed oil
- Hemp seed oil (do not cook)
- Sesame seed oil

## Natural Sweeteners

- Agave
- Coconut palm sugar
- Date sugar
- Date syrup
- Honey
- Maple butter
- Maple sugar
- Maple syrup

## Flours

- Einkorn Flour
- Spelt Flour
- Chickpea Flour
- Almond Flour

## Meat Substitute

- Jackfruit
- Mushrooms (oysters, lions mane, maitake)
- Tofu
- Pumfo (Pumpkin seed tofu)
- Soy Curis



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## Miscellaneous

- Baking Powder ( Aluminum Free)
- Cocoa Powder
- Cacao Nibs
- Vanilla Extract
- Tahini
- Sweetened Condensed Coconut Milk
- Evaporated Oat Milk
- Toasted sesame seed oil
- Coconut Amino ( Soy sauce replacement)
- Organic Vegetable broth
- Organic Yeast
- Tomato Paste ( can/tube)
- Pumpkin puree (can)
- Organic Italian Whole Peeled San Marzano Tomatoes (Can)
- Organic Coconut creme

## Nut butters

- Cashew butter
- Nutzo Butter
- Almond Butter
- Sunflower seed butter
- Raw Coconut butter

## Cheese

- Miyoko's Cashew Milk Mozzarella
- Ricotta (in Moderation)
- Parmesan ( fresh not shredded ) ( In moderation)
- Goat Cheese ( In moderation)

## Pastas

- Organic Gluten Free Red lentil Spaghetti
- Organic Gluten Free Yellow Lentil Penne
- Organics Gluten Free Red Lentil Fusilli
- Pad Thai Brown Rice Noodles

## Milks

- Walnut Milk
- Cashew Milk
- Oat Milk
- Almond Milk



# Love & Organics Approved Food List

## **Herbs and Spices & Peppers**

- Basil
- Black Pepper
- Cayenne
- Cloves
- Chilli Flakes
- Chili powder
- Curry Powder ( salt-free version)
- Cummin
- Coriander
- Dill
- Garlic Powder
- Garam Masala
- Habanero
- Nutritional Yeast
- Italian seasoning
- Herbs de Provence
- Marjoram
- Onion powder
- Oregano
- Paprika
- Tandoori Masala
- Red peppers
- Jalapeno Peppers
- Serrano Peppers
- Poblano Peppers
- Banana Peppers
- Chipotle Pepper
- Guajillo Pepper
- Ancho Pepper
- Pasilla Pepper
- Celtic sea salt/ Pink Himalayan
- Sage
- Slap ya mama cajun seasoning
- Thyme
- Turmeric powder