

Meat

Beef, pork, lamb, veal, rabbit, goat, sheep, horse, bison, wild boar, ...

Poultry

Chicken, turkey, duck, quail, goose, ...

Fish

Salmon, tuna, trout, bass, halibut, sole, haddock, turbot, walleye, tilapia, cod, flatfish, grouper, mackerel, anchovy, herring, ...

Shellfish

Crab, lobster, shrimps, scallops, clams, oysters, mussels, ...

Fats

Avocados, avocado oil, olive oil, coconut oil, butter, clarified butter (ghee), lard, tallow, duck fat, veal fat, lamb fat, fatty fishes (sardines, mackerel, salmon), nut butters, nut oils (walnut, macadamia), coconut flesh, coconut milk, ...

Eggs

Chicken eggs, duck eggs, goose eggs, quail eggs, ...

Vegetables

Celery, tomatoes, bell peppers, onions, leeks, kohlrabi, green onions, eggplants, cauliflower, broccoli, asparagus, cucumber, cabbage, Brussels sprouts, artichokes, okra, avocados, ...

Green leafy vegetables

Lettuce, spinach, collard greens, kale, beet top, mustard greens, dandelion, swiss chard, watercress, turnip greens, seaweeds, endive, arugula (rocket), bok choy, rapini, chicory, radicchio...

Root vegetables

Carrots, beets, turnips, parsnips, rutabaga, sweet potatoes, radish, jerusalem artichokes, yams, cassava, ...

Winter squash

Butternut squash, spaghetti squash, acorn squash, pumpkin, buttercup squash, ...

Summer squash

Zucchini, yellow summer squash, yellow crookneck squash, ...

Fruits

Bananas, apples, oranges, berries (strawberry, cranberry, blueberry, blackberry), grapefruit, pears, peaches, nectarines, plums, pomegranates, pineapple, papaya, grapes, cantaloupe, cherries, apricot, water melon, honeydew melon, kiwi, lemon, lime, lychee, mango, tangerine, coconut, figs, dates, passion fruit, persimmon, ...

Nuts and seeds

Pistachios, Brazil nuts, sunflower seeds, sesame seeds, pumpkin seeds (pepitas), pecans, walnuts, pine nuts, macadamia nuts, chestnuts, cashews, almonds, hazelnuts

Mushrooms

Button mushroom, portabello, oyster mushroom, shiitake, chanterelle, crimini, porcini, morel...

Fresh and dried herbs

Parsley, thyme, lavender, mint, basil, rosemary, chives, tarragon, oregano, sage, dill, bay leaves, coriander, ...

Spices and other natural flavor enhancers

Ginger, garlic, onions, black pepper, hot peppers, star anise, fennel seeds, mustard seeds, cayenne pepper, cumin, turmeric, cinnamon, nutmeg, paprika, vanilla, cloves, chilies, ...