

<b>All Ingredients are sorted Alphabetically</b>				
<b>Fruits and Veggies</b>	<b>Pantry food Items</b>	<b>Pantry food Items</b>	<b>Dried Spices</b>	<b>Specialty Items</b>
apples	almond milk	oats	allspice	Avocados
bananas	almonds	olive oil	basil	baby corn
lemons	apple juice	orange juice	bay leaf	hearts of palm
limes	apple sauce	orzo	black pepper	nuts
mandarin oranges	baking powder	panko bread crumbs	cardamom	balsamic vinegar
oranges	baking soda	pasta - (any)	chili powder	nori
pineapple - canned	bread crumbs	peanut butter	cinnamon	pine nuts
acorn squash	brown rice	powdered sugar	cocoa powder	frozen broccoli
avocado	brown sugar	quinoa	cumin	puff pastry dough
butternut squash	butter/margarine	rice	dill	
canned corn	canola oil	salsa	garlic powder	
carrots - shredded	chicken broth	sesame oil	ginger	
carrots - whole	chickpeas	soy milk	ground cloves	
cauliflower	chocolate - parve	soy sauce	kosher salt	
celery	chocolate syrup	spaghetti	nutmeg	
cabbage/shredded cabbage	coffee	sugar	onion powder	
cucumbers	corn starch	tomato sauce	oregano	
green beans	couscous	vanilla extract	paprika	
lettuce	craisins	yeast	parsley	
mango	cream of tartar	rice wine vineger	poppy seeds	
mushrooms	eggs		rosemary	
olives - black	flour		salt	
olives - green	garlic - fresh or crushed		sesame seeds	
onions	honey		thyme	
potato	lemon juice		turmeric	
purple onion	lime juice			
radish	jam			
snow peas	mayonnaise			
spaghetti squash	milk - soy milk substituted			

<b>All Ingredients are sorted Alphabetically</b>				
sweet potato	mustard			
tomatoes	unsweetened coaco powder			
yellow squash	raisins			
zucchini				
rosemary - fresh				