

List subject to change

GREEN AND YELLOW VEGETABLES DRINKS

Asparagus
Bamboo shoots
Beans
Bok choy
Brussels sprouts
Cabbage
Celery
Chrysanthemum
Rape blossoms
Komatsuna
Western onion
Lettuce
Mizuna
Olives
Okra
Parsley
Arugula
Shallots/green onions
Peas
Watercress
Chinese cabbage
Kale
Swiss chard
Avocado
Beets
Broccoli
Burdock
Mushrooms
Peppers
Carrots
Cauliflower
Corn
Cucumber
Eggplant
Enoki mushroom
Fennel
Butterbur sprouts
Pickles
Artichokes
Lotus root
Maitake mushrooms
Matsutake mushrooms
Nameko mushrooms
Onions
Green peas
Potatoes
Pumpkins
Taro
Ike mushrooms

Shimeji mushrooms
Spinach
Sweet potato
Taranome
Tomato
Turnip
Bracken
Daikon
Winter melon
Zucchini

MEAT

Bacon
Beef
Chicken
Duck
Ham
Lamb
Pork
Turkey

SEEDS

Chia seeds
Flaxseed/oil/flour
Poppy seeds
Pumpkin seeds
Sesame seeds
Sunflower seeds

FRUITS

Amanatsu
Apple
Apricot
Banana
Cherries
Tangerines
Dates
Figs
Grapefruit
Grapes
Hassaku
Hanedo melon
Iyokan
Pear
Kumquat
Kiwi

FRUIT Cont

Kyoho
Lemon
Lime
Lychee
Mandarin orange
Mango
Summer mandarin
Nectari
Orange
Passion fruit
Papaya
Peach
Western pear
Persimmon
Pineapple
Plums
Prunes
Ponkan
Raisins
Rockmelon
Plums
Watermelons

OILS

Avocado oil
Coconut oil
Ghee
Grapeseed oil
Macadamia oil
Olive oil
Rice bran oil
Sesame oil
Sunflower oil

SEAFOOD

Bonito
Sea bream
Squid
Conger eel
Eel
Whitebait
Yellowtail
Milt
Octopus
Salmon
Salmon roe
Sardines
Sea urchin
Shellfish
Whitebait
Cod roe
Tuna

BERRIES(fresh & frozen)

Blackberries
Blueberries
Raspberries
Strawberries

SPROUTS

Alfalfa
Bean sprouts
Green bean sprouts
Bean sprouts
Radish sprouts

NUTS

Almonds
Brazil nuts
Cashew nuts
Chestnuts
Hazelnuts
Macadamia nuts
Pecans
Pine nuts
Pistachios
Walnut

ALCOHOL

Apple cider
Awamori
Beer
Bourbon
Brandy
Gin
Kahlua
Rum
Sake
Shochu
Amazake
Umeshu
Vodka
Whiskey
Red wine
White wine/champagne

OTHER DRINKS

Barley tea
Coffee
Cranberry juice
Ginger ale
Matcha
Milo
Genmaicha
Hojicha
Rooibos tea
Sprite
Schweppes
Soda water
Tonic water

OTHER DRINKS Cont

Cola
Fanta
Ginger ale
Lemonade
Herb tea
Chamomile tea
Dandelion tea
Green tea
Peppermint tea

HERB (dried & fresh)

Basil
Chives
Coriander
Lemongrass
Mixed herbs
Oregano
Rosemary
Shiso

SAUCE

Black vinegar
Oyster sauce
Barbecue sauce
Hoisin sauce
Horseradish
Rice vinegar
Mayonnaise
Okonomiyaki sauce
Ume vinegar
Soy sauce
Chili sauce
Mirin
Tomato paste
Tomato sauce
Tonkatsu sauce
Vinegar
White vinegar
Worcestershire sauce
Tamari soy sauce

DRIED VEG

Chickpeas
Coconut
Lentils

STOCK

Beef stock
Bonito stock
Chicken stock
Niboshi stock
Kombu stock
Miso
Gravy mix
Tonkotsu stock
Vegetable stock

SWEETENERS

Agave
Coconut sugar
Golden syrup
Palm sugar
Honey
Manuka honey
Maple syrup
Stevia
Brown sugar
Raw sugar
White sugar
Xylitol

OTHER MILKS

Almond milk
Coconut milk
Oat milk
Rice milk
Soy milk

FLOUR/GRAIN

Buckwheat
Cornflour
Glutinous rice
Pasta (wheat)
Potato starch
Ramen noodles
Brown rice
White rice
Mochi
Rice noodles
Shiratako
Somen
Udon

SPICES AND SEASONING

Allspice
Bay leaf
Baking soda
Baking powder
Chili pepper
Cinnamon
Cloves
Cream of tartar
Cumin
Curry powder
Dill
Fennel seeds
Garam masala
Garlic
Chives
Gelatin
Ginger
Guar gum
Hummus
Kabosu
Mustard
Japanese ginger
Nutmeg
Paprika
Pepper (black & white)
Cayenne pepper
Refined table salt
Sea salt
Himalayan salt
Rock salt
Shichimi
Sudachi
Tarragon
Thyme
Turmeric
Yuzu
Vanilla
Apple cider vinegar
Wasabi
Mugwort
Xanthan gum
Saffron
SOY products
Yuba
Fried tofu
Atsuage
Koya tofu
Natto
Kinako
Tofu
Tempeh

DAIRY products

Butter
Condensed milk
Cheese (milk)
Yogurt (milk)
Cream
Eggs
Feta cheese (goat)
Goat cheese
Goat milk
Soy milk ice cream
Milk
Skim milk
Sheep cheese
Sheep yogurt
Lactose-free milk
Margarine
A2 milk
Greek yogurt
Soy mayonnaise
Coconut yogurt

SUPERMARKET bread

White bread
Wholemeal bread
Rye bread

CHOCOLATE

Milk chocolate
Dark chocolate
Licorice

GLUTEN FREE

Gluten-free bread crumbs
Buckwheat flour (Orgran)
Custard powder (Orgran)
Egg substitute (Orgran)
Rice pasta (Orgran)
Rice corn pasta (same as above)
Gluten-free pasta
Gluten-free oats

CEREAL

Corn flakes
Oat bran
Rice bran
Rolled oats

DETERGENT

Bleach

FABRIC

Cotton
Feathers
Polyester
Wool
Bamboo

SUPPLEMENTS

Amodine (iodine)
Aloe
Chlorella
Fish oil (capsules)
Krill oil
Rosehip oil
Fish oil (Nordic)
Psyllium
Slippery elm
Spirulina
Barley grass
Wheat grass
Protein powder
Bilberry
Coenzyme Q10
DHEA
Echinacea
Evening primrose oil
Ginkgo biloba
Glucosamine/chondroitin
Milk thistle
St. John's wort
Saw palmetto
Shark cartilage

CREAMS

Arnica (M&P)
Calendula (M&P)
Comfrey (M&P)
Chickweed (Green Ridge)
Pawpaw ointment (Lucas)
Thuya (M&P)

PETRO CHEMICALS

Diesel
Kerosene
Denatured alcohol
Gasoline
Engine oil
Tobacco smoke

HEALTH FOOD/organic

Agar
Arame
Kudzu
Barley
Azuki beans
Fava beans
White kidney beans
Edamame beans
Kidney beans
Lima beans
Quail beans
Red kidney beans
Red lentils
Soybeans

HEALTH FOOD/organic Cont

Molasses
Blackstrap rice
Carob
Coconut butter
Coconut water
Couscous
Dried cranberries
Falafel
Amaranth flour
Besan flour
Buckwheat flour
Coconut flour
Kamut flour
Corn flour
Potato flour
Quinoa flour
Rye flour
Soy flour
Spelt flour
Tapioca flour
Millet
Gochujang nut
Job's oats
Hazelnut meal
Hijiki
Barnyard millet
Dried daikon radish
Rice syrup
Kelp
Konjac
Black beans
Kurumafu
Maca powder
Rice malt
Mekabu
Millet
Green beans
Seaweed
Pecan nut butter
Millet
Eggs (organic)
Quinoa
Rapadura sugar
Cacao
Red rice
Senbei
Umeboshi
Wakame
Wild rice
Acai powder
Bone broth
Black seed oil
MCT oil
Camu camu

HEALTH FOOD/organic Cont

Hemp seeds
Hemp seed oil
Hemp protein
Flaxseed powder
Fermented foods
Kefir
Kimchi
Kombu tea
Sauerkraut
Wraps
Rice paper

Protein

Pea protein
Rice protein
Whey protein (WPC)
Whey protein (WPI)

Daily products

Jojoba oil
Lavender oil
Tea tree oil

EXTRA ITEMS

Oysters