|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 0 | 1 | 2 | 3 | 4 | 5 |
| Water with lemon | mayonnaise | Red wine | Heavy cream | Cream cheese | blackberry |
| tea | eggs | aioli | guacamole | Soy sauce | raspberry |
| coffee | spinach | Tobascu sauce | olives | Nuts and seeds | Brussel sprouts |
| butter | silverbeet | cheese | Green capsicum | Green beans | Shirataki noodles |
| Olive oil | Bok choy | avocado |  | broccoli | Snow peas |
| Coconut oil | Dark chocolate | Cold cuts of deli meat | Cabbage - white | artichokes | strawberry |
| Avocado oil | zucchini | asparagus | cucumber | broccolini | Beef jerky |
| Nut oil | celery | lettuce | tomato | cauliflower | Pork rinds |
|  | Herbs and spices |  | eggplant | Canned coconut milk | Parmesan crisps |
|  |  |  | mushroom | vinegar | Bean sprouts |

* Sliced chicken, corned beef, ham, pancetta, pastrami, prosciutto, roast beef, turkey, chorizo, pepperoni, salami, and soppressata.
* Beef, chicken, lamb, pork, veal, bacon and sausage
* Fatty fish, white fish, crab, lobster, octopus, oysters, scallops, prawns, and squid.
* Canned fish or seafood (anchovies, crab, salmon tuna)
* Softer cheeses (blue, buffalo mozzarella, brie, camembert, colby, cream cheese, goat, gouda, provolone, and Swiss).
* Harder cheeses (cheddar, feta, mozzarella, parmesan, and pepper jack)
* Full fat crème fraîche, cottage cheese, Greek yogurt (plain), mascarpone, ricotta, and sour cream, whole milk.
* **Brazil**, **Macadamia, Pecans**, **Walnuts**, **Chia seeds, Flaxseeds**