

PROTEIN

Best Choice: look for words like 100% grass-fed, pastured, wild-caught and organic on the label.

Avoid: processed meats (like sausage, burgers, bacon, deli meat, etc.) with added sugar, carrageenan, MSG, or sulfites.

- | | | | |
|--|--|---|---|
| <input type="checkbox"/> Anchovies | <input type="checkbox"/> Deli Meat | <input type="checkbox"/> Oysters | <input type="checkbox"/> Snapper |
| <input type="checkbox"/> Beef (<i>ground</i>) | <input type="checkbox"/> Duck | <input type="checkbox"/> Pork (<i>bacon</i>) | <input type="checkbox"/> Squid |
| <input type="checkbox"/> Beef (<i>other</i>) | <input type="checkbox"/> Eggs | <input type="checkbox"/> Pork (<i>chops</i>) | <input type="checkbox"/> Trout |
| <input type="checkbox"/> Beef (<i>steak</i>) | <input type="checkbox"/> Flounder | <input type="checkbox"/> Pork (<i>ground</i>) | <input type="checkbox"/> Turkey (<i>ground</i>) |
| <input type="checkbox"/> Bison | <input type="checkbox"/> Lamb | <input type="checkbox"/> Pork (<i>sausage</i>) | <input type="checkbox"/> Turkey (<i>other</i>) |
| <input type="checkbox"/> Carne Seca (<i>jerky</i>) | <input type="checkbox"/> Liver and other | <input type="checkbox"/> Roe | <input type="checkbox"/> Turkey (<i>whole</i>) |
| <input type="checkbox"/> Chicken (<i>breast/thigh</i>) | organ meats (<i>beef,</i> | <input type="checkbox"/> Sablefish | <input type="checkbox"/> Venison (<i>and</i> |
| <input type="checkbox"/> Chicken (<i>ground</i>) | <i>pork, turkey, etc.</i>) | <input type="checkbox"/> Salmon | <i>other game meats</i>) |
| <input type="checkbox"/> Chicken (<i>sausage</i>) | <input type="checkbox"/> Mackerel | <input type="checkbox"/> Sardines | <input type="checkbox"/> Whitefish |
| <input type="checkbox"/> Chicken (<i>whole</i>) | <input type="checkbox"/> Mussels | <input type="checkbox"/> Scallops | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Clams | <input type="checkbox"/> Mutton | <input type="checkbox"/> Seafood (<i>other</i>) | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cod | <input type="checkbox"/> Octopus | <input type="checkbox"/> Shrimp | <input type="checkbox"/> _____ |

VEGETABLES

This is a comprehensive but not exhaustive list. All vegetables but corn and lima beans are 2020FIT compatible.

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|--|---|---|---|
| <input type="checkbox"/> Acorn Squash | <input type="checkbox"/> Cassava | <input type="checkbox"/> Hot Peppers (<i>all</i>) | <input type="checkbox"/> Romaine |
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Jicama | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Celery | <input type="checkbox"/> Kale | <input type="checkbox"/> Sassafras |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Chard | <input type="checkbox"/> Leeks | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Chayote | <input type="checkbox"/> Lettuce (<i>all</i>) | <input type="checkbox"/> Snap Peas |
| <input type="checkbox"/> Bell Peppers | <input type="checkbox"/> Cucumber | <input type="checkbox"/> Mushrooms (<i>all</i>) | <input type="checkbox"/> Spaghetti Squash |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Delicata Squash | <input type="checkbox"/> Nopal | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Broccoli Rabe | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Nori | <input type="checkbox"/> Sprouts |
| <input type="checkbox"/> Broccoli/Broccolini | <input type="checkbox"/> Endive | <input type="checkbox"/> Okra | <input type="checkbox"/> Summer Squash |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Fennel (<i>anise</i>) | <input type="checkbox"/> Onion | <input type="checkbox"/> Sweet Potato |
| <input type="checkbox"/> Buttercup Squash | <input type="checkbox"/> Frisée (<i>curly endive</i>) | <input type="checkbox"/> Parsnips | <input type="checkbox"/> Swiss Chard |
| <input type="checkbox"/> Butternut Squash | <input type="checkbox"/> Garlic | <input type="checkbox"/> Peas | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Green Beans | <input type="checkbox"/> Potatoes (<i>all</i>) | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Calabaza | <input type="checkbox"/> Greens (<i>beet, collard, turnip,</i> | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Callaloo | <i>dandelion, mustard, etc.</i>) | <input type="checkbox"/> Radish | |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Hearts of Palm | <input type="checkbox"/> Rhubarb | |

FRUIT

This is a comprehensive but not exhaustive list. All fruit is 2020FIT compatible.

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|---------------------------------------|--|---|--|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Figs | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Plum |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Oranges (<i>all</i>) | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Grapes (<i>all</i>) | <input type="checkbox"/> Papaya | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Pawpaw | <input type="checkbox"/> Salmonberries |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Kumquat | <input type="checkbox"/> Peaches | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Lemon | <input type="checkbox"/> Pears (<i>all</i>) | <input type="checkbox"/> Tangerines |
| <input type="checkbox"/> Cranberries | <input type="checkbox"/> Lime | <input type="checkbox"/> Persimmons | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Dates | <input type="checkbox"/> Mango | <input type="checkbox"/> Pineapple | <input type="checkbox"/> Xoconostle |
| <input type="checkbox"/> Elderberries | <input type="checkbox"/> Melon | <input type="checkbox"/> Plantains | |

FATS

- ☐ Clarified Butter
- ☐ Coconut Cream
- ☐ Coconut Milk
- ☐ Coconut Oil
- ☐ Duck Fat
- ☐ Extra-Virgin Olive Oil
- ☐ Ghee
- ☐ Lard (*pork fat*)
- ☐ Palm Oil
- ☐ Tallow (*beef fat*)

- ☐ Avocado
- ☐ Avocado Oil
- ☐ Coconut Butter
- ☐ Coconut (*flakes, shredded*)
- ☐ Coconut Milk (*canned*)
- ☐ Light Olive Oil
- ☐ Olives
- ☐ Sesame Oil

- ☐ Acorns
- ☐ Almond Butter
- ☐ Almonds
- ☐ Brazil Nuts
- ☐ Cashews
- ☐ Cashew Butter
- ☐ Flaxseeds
- ☐ Hazelnuts/Filberts
- ☐ Macadamia Nuts
- ☐ Macadamia Butter

- ☐ Pecans
- ☐ Pine Nuts
- ☐ Pistachios
- ☐ Pumpkin Seeds/Pepitas
- ☐ Sesame Seeds
- ☐ Sesame Seed Butter
(tahini)
- ☐ Sunflower Seed Butter
- ☐ Sunflower Seeds
- ☐ Walnuts

HERBS & SPICES

- ☐ Allspice
- ☐ Basil
- ☐ Bay Leaves
- ☐ Black Pepper
- ☐ Black Peppercorns
- ☐ Cayenne
- ☐ Chili Powder
- ☐ Chipotle Powder
- ☐ Chives

- ☐ Cilantro
- ☐ Cinnamon
- ☐ Cloves (*ground*)
- ☐ Coriander
- ☐ Cumin
- ☐ Curry Powder (*red/yellow*)
- ☐ Dill
- ☐ Garlic Powder
- ☐ Ginger

- ☐ Ground Cloves
- ☐ Lemongrass
- ☐ Mustard Powder
- ☐ Nutmeg
- ☐ Onion Powder
- ☐ Oregano
- ☐ Paprika
- ☐ Parsley
- ☐ Red Pepper Flakes

- ☐ Rosemary
- ☐ Sage
- ☐ Salt (*iodized/sea salt*)
- ☐ Tarragon
- ☐ Thyme
- ☐ Turmeric
- ☐ Vanilla Extract
- ☐ Wasabi Powder

- ☐ Almond Flour
- ☐ Anchovy Paste
- ☐ Apple Cider Vinegar
- ☐ Arrowroot Powder
- ☐ Balsamic Vinegar
- ☐ Beef Broth
- ☐ Beet Kvass
- ☐ Black Garlic
- ☐ Canned Butternut Squash
- ☐ Canned Olives
- ☐ Canned Pumpkin
- ☐ Canned Salmon

- ☐ Canned Sweet Potato
- ☐ Canned Tuna
- ☐ Capers
- ☐ Chicken Broth
- ☐ Cocoa (100% cacao)
- ☐ Coconut Aminos
- ☐ Coconut Flour
- ☐ Dried Cranberries
- ☐ Dried Fruit
- ☐ Fish Broth
- ☐ Fish Sauce
- ☐ Hot Sauce

- ☐ Kimchi
- ☐ Mustard
- ☐ Orange Blossom Water
- ☐ Pickles
- ☐ Preserved Lemons
- ☐ Raisins
- ☐ Sauerkraut
- ☐ Red Wine Vinegar
- ☐ Rice Vinegar
- ☐ Roasted Red Peppers
- ☐ Sardines
- ☐ Tajin

- ☐ Tapioca Starch
- ☐ Tomato Paste
- ☐ Tomatoes (*diced/crushed*)
- ☐ Tomatoes (*sun-dried*)
- ☐ Vegetable Broth
- ☐ White Vinegar
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DRINKS

- ☐ Apple Cider
- ☐ Cacao Drinks (100%)
- ☐ Club Soda
- ☐ Coconut Water
- ☐ Coffee
- ☐ Fruit Juice
- ☐ Kombucha

- ☐ Mineral Water
- ☐ Naturally Flavored Water
- ☐ Seltzer Water
- ☐ Sparkling Water
- ☐ Tea
- ☐ Vegetable Juice

OTHER

- [illegible]

- [illegible]