


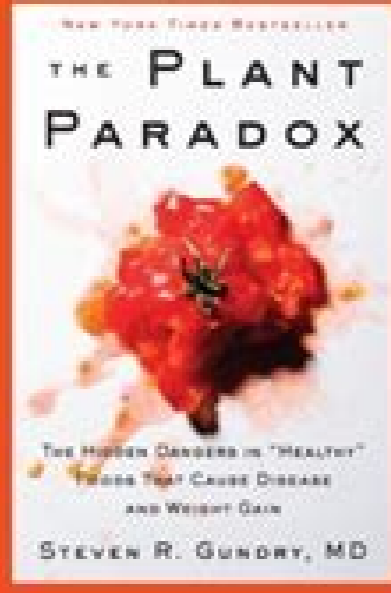
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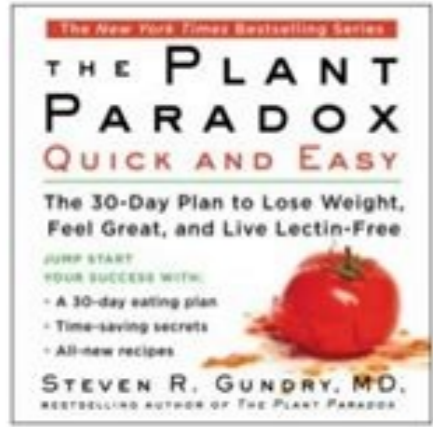
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- Sesame
 - Chestnut
 - Coconut
 - Green Banana
 - Sweet potato
 - Tiger nut
 - Olive seed
 - Avocado
- ICE CREAM**
- Coconut
 - Milk/Cherry Flax frozen dessert with 1/2 cup of sugar
- FOODS**
- Capicola's hot sauce
 - Pasta Sauce
 - Shirashi noodles
 - Miso noodles and tamari paste
 - Miso Rice
- DAIRY PRODUCTS**
- All Milk
 - 1oz cheese or 4oz yogurt per day
 - French/Italian butter
 - Ghee
 - Ghee butter
 - Goat cheese
 - Butter (grass fed French or Italian)
 - Goat milk
 - Ghee (sheep or goat)
 - Coconut oil
 - High-fat Greek yogurt (cheese such as feta or ricotta)
 - High-fat blue cheese
 - Buffalo ricotta (made from



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