

Past Tasks Now Available! Want patients to be able to check off past tasks? Now they can! Go to the Settings/Plan Details of any of your plans to turn this feature on. Only available on the web platform right now. Update coming to the app soon. Call us at 561-247-3839 if you need any assistance. ✕



**WEEK
#1**

BNH Wellness - SLIM SLIM SUMMER

For Day 1 through Day 9

Fresh Produce

- 1.50 head [13 oz] (10.4 oz) - Red Leaf Lettuce, raw
- 4 medium, 4" long (0.5 oz) - Onions, spring or scallions, raw
- 0.50 small, 3" long (0.2 oz) - Onions, spring or scallions, raw
- 1 fruit [9.6 oz] (7.1 oz) - Fresh Fruits: Avocados, average raw
- 8 tomato (0.6 oz) - Ryan's: Cherry Tomatoes
- 6 oz - Ryan's: Cherry Tomatoes
- 3 head - Red Leaf Lettuce
- 2 stalk - Celery
- 0.50 cup (4.9 oz) - Frozen Fruits: Wildly Nutritious, Mixed Berries
- 1 cup, halves (3.5 oz) - Nuts: Pecans, raw
- 2 cup (1.1 oz) - Spinach, raw
- 0.50 bunch [16 oz] (11.5 oz) - Spinach, raw
- 12 stalk, 7" long (1.4 oz) - Celery, raw
- 6 tablespoon - Vinegars: Organic, Apple Cider, Raw & Unfiltered
- 15.08 clove (0.1 oz) - Garlic, raw
- 6 large (1-3/8" dia) - Strawberry
- 20 berry - Frozen Strawberries
- 26 medium [0.5 oz, 1.25" dia] (0.4 oz) - Fresh Fruits: Strawberries, raw
- 1.31 whole [4.5 oz with refuse, 2.5" dia.] (4.1 oz) - Onions, raw
- 0.50 whole [6 oz, 3" dia.] (5.4 oz) - Onions, raw
- 2 medium - Yellow Onion
- 2 large [3 oz, 7" long] (2.7 oz) - Carrots, raw
- 4 oz - Carrots, raw
- 0.25 teaspoon (0.2 oz) - Garlic Salt
- 1 pepper - Green Pepper
- 4 carrot - Carrot

Fresh Produce (continued)

- 2 cup (0.7 oz) - Arugula (Rocket, Roquette), raw
- 1 serving, 2 pieces with liquid (4.6 oz) - Canned: Artichoke Hearts, canned
- 2 head (22.1 oz) - Lettuce, Cos or Romaine, raw
- 5 tablespoon (0.5 fl.oz) - Oils: Olive Oil, Extra Virgin
- 0.50 fl.oz - Oils: Olive Oil, Extra Virgin
- 4.25 tablespoon (0.5 fl.oz) - Fruit/Vegetable Juices: Lemon, fresh
- 1 lemon yields (1.6 fl.oz) - Fruit/Vegetable Juices: Lemon, fresh
- 0.25 small - Red Onion
- 1 tbsp - Lemon Juice
- 1 large (8" to 8-7/8" long) - Banana
- 0.50 large [7.5 oz , 8" long] (4.8 oz) - Fresh Fruits: Bananas, raw
- 4 oz - Mushrooms, white, raw
- 1 medium - Red Pepper Raw
- 2.50 teaspoon (0.0 oz) - Thyme, fresh
- 0.50 oz - Sage Leaf
- 0.50 teaspoon, leaves (0.0 oz) - Tarragon, dried
- 0.25 dash (0.0 oz) - Pepper, Black
- 0.17 teaspoon, ground (0.1 oz) - Pepper, Black
- 1 can (28.0 oz) - Canned: Organic, Tomatoes, Plum, Whole Peeled
- 3 tablespoon (0.1 oz) - Parsley, raw
- 2 serving (0.5 oz) - Ripe Black Olives, Pitted
- 1 large - Onion
- 1 whole, 3" dia. (6.4 oz) - Red Tomatoes, ripe, raw
- 0.5 onion - Sweet Onion

Fresh Produce (continued)

- 2 cup - Spinach
- 0.17 teaspoon (0.2 oz) - Grey Poupon: Mustard, Dijon
- 0.08 teaspoon, leaves (0.0 oz) - Oregano, dried

Meats & Seafood

- 2 medium slice (0.3 oz) - Pork: Bacon, broiled or pan fried
- 8 oz - Deli & Luncheon Meat: Ham, 11% fat, sliced
- 4 single breast [6.4 oz with bone & skin] (4.2 oz) - Chicken: Breast, raw, meat only, without skin
- 8 can (5.8 oz) - Tuna, Light, canned in water, drained
- 4 oz - Beef: Round, Top, Lean, broiled
- 15.99 oz - Round Steak
- 1 fillet (14.0 oz) - Salmon, Atlantic, raw
- 24 oz - Salmon, Atlantic, raw
- 2 tablespoon (0.5 oz) - Oils: Coconut, Organic Unrefined
- 1 teaspoon (0.1 oz) - Mustard Seed, ground
- 12 oz - Beef: Steak, Sirloin, Lean & Fat (1/4"), pan fried
- 4 serving (4.0 oz) - Chicken: Breasts, Boneless, Skinless, raw
- 0.50 serving, 1/4 tablespoon (0.0 oz) - Baking Ingredients: Sea Salt
- 4 oz - Phillips: Canned/Packaged : Crab Meat, Jumbo Lump
- 16 oz - Pork: Sirloin Roast, raw

Dairy

- 14 large (1.8 oz) - Eggs: Whole, hard-boiled
- 4.68 tablespoon (0.6 oz) - Nut: Almond Butter, Natural No Salt Added, Creamy & Roasted
- 1.50 tablespoon (0.3 oz) - Capers, canned, drained
- 500 mL - So Delicious: Coconut Milk Beverage, Unsweetened
- 1 fl.oz - So Delicious: Coconut Milk Beverage, Unsweetened
- 0.50 fl.oz - Fruit/Vegetable Juices: Orange, fresh
- 2 oz - Purity Farms: Fats: Ghee, Organic Clarified Butter

General Grocery

- 2 tablespoons - Salad Dressing

General Grocery (continued)

- 1 tablespoon (0.7 oz) - Honey: Raw & Unfiltered, average all flavors
- 0.5 cup - Spicy Mustard
- 2 tbsp - Honey
- 0.66 cup - Olive Oil
- 2 tsp - Coconut Oil
- 2 tbsp - Flaxseed Oil
- 1 tablespoon (0.5 oz) - Oils: Canola
- 2 fl.oz - Wines: Red, burgundy, cabernet
- 0.5 tsp, whole - Fennel Seeds
- 0.50 fl.oz - Vinegars: Balsamic, Organic
- 1 fl.oz - Sauces: Organic, Worcestershire
- 2 fl oz - Red Wine

[Past Tasks](#) [Now Available!](#) Want patients to be able to check off past tasks? Now they can! Go to the Settings page. Details of any of your plans to turn this feature on. Only available on the web platform right now. Update coming to the app soon. Call us at 561-247-3839 if you need any assistance.

Past Tasks Now Available! Want patients to be able to check off past tasks? Now they can! Go to the Settings/Plan Details of any of your plans to turn this feature on. Only available on the web platform right now. Update coming to the app soon. Call us at 561-247-3839 if you need any assistance. ✕



Week #2

BNH Wellness - SLIM SLIM SUMMER

For Day 10 through Day 16

Fresh Produce

- 1.50 head [13 oz] (10.4 oz) - Red Leaf Lettuce, raw
- 4 medium, 4" long (0.5 oz) - Onions, spring or scallions, raw
- 0.50 small, 3" long (0.2 oz) - Onions, spring or scallions, raw
- 1 fruit [9.6 oz] (7.1 oz) - Fresh Fruits: Avocados, average raw
- 8 tomato (0.6 oz) - Ryan's: Cherry Tomatoes
- 6 oz - Ryan's: Cherry Tomatoes
- 3 head - Red Leaf Lettuce
- 2 stalk - Celery
- 2 cup (1.1 oz) - Spinach, raw
- 12 stalk, 7" long (1.4 oz) - Celery, raw
- 6 tablespoon - Vinegars: Organic, Apple Cider, Raw & Unfiltered
- 13 clove (0.1 oz) - Garlic, raw
- 1.23 whole [4.5 oz with refuse, 2.5" dia.] (4.1 oz) - Onions, raw
- 0.25 whole [6 oz, 3" dia.] (5.4 oz) - Onions, raw
- 3 medium - Yellow Onion
- 2.50 large [3 oz, 7" long] (2.7 oz) - Carrots, raw
- 4 oz - Carrots, raw
- 0.25 teaspoon (0.2 oz) - Garlic Salt
- 1 pepper - Green Pepper
- 4 carrot - Carrot
- 2 cup (0.7 oz) - Arugula (Rocket, Roquette), raw
- 1 serving, 2 pieces with liquid (4.6 oz) - Canned: Artichoke Hearts, canned
- 2 head (22.1 oz) - Lettuce, Cos or Romaine, raw
- 3 tablespoon (0.5 fl.oz) - Oils: Olive Oil, Extra Virgin
- 6.25 tablespoon (0.5 fl.oz) - Fruit/Vegetable Juices: Lemon, fresh
- 1 lemon yields (1.6 fl.oz) - Fruit/Vegetable Juices: Lemon, fresh

Fresh Produce (continued)

- 0.25 small - Red Onion
- 1 tbsp - Lemon Juice
- 1 large (8" to 8-7/8" long) - Banana
- 0.50 large [7.5 oz , 8" long] (4.8 oz) - Fresh Fruits: Bananas, raw
- 4 oz - Mushrooms, white, raw
- 1 medium - Red Pepper Raw
- 0.50 teaspoon (0.0 oz) - Thyme, fresh
- 0.50 oz - Sage Leaf
- 0.50 teaspoon, leaves (0.0 oz) - Tarragon, dried
- 0.25 dash (0.0 oz) - Pepper, Black
- 1.25 teaspoon, ground (0.1 oz) - Pepper, Black
- 0.5 fruit (2-3/8" dia) - Lemon
- 0.5 fruit (2-7/8" dia) - Orange
- 1 fruit (2" dia) - Kiwi
- 2 tablespoon, leaves (0.1 oz) - Basil, dried
- 1 head, 4" dia. (9.3 oz) - Cauliflower, raw
- 3 medium (6.9 oz) - Zucchini, raw, with Skin
- 4 small (4.2 oz) - Zucchini, raw, with Skin
- 4 whole, 2.5" dia. (4.3 oz) - Red Tomatoes, ripe, raw
- 2 carrot - Carrots
- 4 oz - Baking Ingredients: Coconut, Shredded
- 0.25 teaspoon (0.1 oz) - Ginger, ground
- 0.50 large [9 oz , 3.25" dia] (8.1 oz) - Fresh Fruits: Apples, raw, with Skin
- 0.50 teaspoon (0.1 oz) - Cinnamon, ground, powder
- 2 large (3-1/4" dia) - Apples
- 0.5 head - Romaine
- 0.5 large - Onion

Meats & Seafood

- 2 medium slice (0.3 oz) - Pork: Bacon, broiled or pan fried
- 8 oz - Deli & Luncheon Meat: Ham, 11% fat, sliced
- 8 can (5.8 oz) - Tuna, Light, canned in water, drained
- 4 oz - Beef: Round, Top, Lean, broiled
- 15.99 oz - Round Steak
- 1 fillet (14.0 oz) - Salmon, Atlantic, raw
- 24 oz - Salmon, Atlantic, raw
- 2 tablespoon (0.5 oz) - Oils: Coconut, Organic Unrefined
- 1 teaspoon (0.1 oz) - Mustard Seed, ground
- 12 oz - Beef: Steak, Sirloin, Lean & Fat (1/4"), pan fried
- 6 serving (4.0 oz) - Chicken: Breasts, Boneless, Skinless, raw
- 4 serving (4.0 oz) - Pork: Fresh, tenderloin, lean only, raw
- 0.25 serving (4.0 oz) - Organic Valley: Chicken: Organic Prairie, Whole, large
- 16 oz - Chicken Breasts

Dairy

- 12 large (1.8 oz) - Eggs: Whole, hard-boiled
- 1.50 tablespoon (0.3 oz) - Capers, canned, drained
- 1 fl.oz - So Delicious: Coconut Milk Beverage, Unsweetened
- 2 tablespoon (0.6 oz) - Nut: Almond Butter, Natural No Salt Added, Creamy & Roasted
- 0.50 fl.oz - Fruit/Vegetable Juices: Orange, fresh
- 2 serving, 1/4 teaspoon - Grinder, Sea Salt
- 0.50 tablespoon (0.5 fl.oz) - Coconut Milk, canned
- 2 large [2 oz with shell] (1.8 oz) - Eggs: Whole, raw, fresh

General Grocery

- 2 tablespoons - Salad Dressing
- 0.66 cup - Olive Oil
- 2 tsp - Coconut Oil
- 2 tbsp - Flaxseed Oil
- 1 tablespoon (0.5 oz) - Oils: Canola
- 2 fl.oz - Wines: Red, burgundy, cabernet

General Grocery (continued)

- 0.5 tsp, whole - Fennel Seeds
- 2 serving 8 fl oz - Water
- 4 leaves - Mint Leaf
- 2 cup (8.6 oz) - Sauces: Tomato, canned
- 1 leaf - Bay Leaf
- 2 oz - Flours: Coconut, Organic
- 0.25 teaspoon (0.1 oz) - Allspice, ground
- 1.50 tablespoon (0.5 oz) - Oils: Coconut, Organic Refine
- 1.5 tsp, leaves - Dried Oregano
- 3 tbsp - Olive Oil Mayo

Fast Tasks Now Available! Want patients to be able to check off fast tasks? Now they can! Go to the Settings page Details of any of your plans to turn this feature on. Only available on the web platform right now. Update coming to the app soon. Call us at 561-247-3839 if you need any assistance.

Past Tasks Now Available! Want patients to be able to check off past tasks? Now they can! Go to the Settings/Plan Details of any of your plans to turn this feature on. Only available on the web platform right now. Update coming to the app soon. Call us at 561-247-3839 if you need any assistance. ✕



Week #3

BNH Wellness - SLIM SLIM SUMMER

For Day 17 through Day 23

Fresh Produce

- 1.25 head [13 oz] (10.4 oz) - Red Leaf Lettuce, raw
- 4 medium, 4" long (0.5 oz) - Onions, spring or scallions, raw
- 2 fruit [9.6 oz] (7.1 oz) - Fresh Fruits: Avocados, average raw
- 8 tomato (0.6 oz) - Ryan's: Cherry Tomatoes
6 oz - Ryan's: Cherry Tomatoes
- 2 head - Red Leaf Lettuce
- 2 stalk - Celery
- 1 cup, halves (3.5 oz) - Nuts: Pecans, raw
- 1 cup (1.1 oz) - Spinach, raw
0.50 bunch [16 oz] (11.5 oz) - Spinach, raw
- 7 stalk, 7" long (1.4 oz) - Celery, raw
- 3 tablespoon - Vinegars: Organic, Apple Cider, Raw & Unfiltered
- 10 clove (0.1 oz) - Garlic, raw
- 6 large (1-3/8" dia) - Strawberry
- 20 berry - Frozen Strawberries
- 26 medium [0.5 oz, 1.25" dia] (0.4 oz) - Fresh Fruits: Strawberries, raw
- 1.31 whole [4.5 oz with refuse, 2.5" dia.] (4.1 oz) - Onions, raw
0.50 whole [6 oz, 3" dia.] (5.4 oz) - Onions, raw
- 2 medium - Yellow Onion
- 2 large [3 oz, 7" long] (2.7 oz) - Carrots, raw
4 oz - Carrots, raw
- 0.25 teaspoon (0.2 oz) - Garlic Salt
- 1 pepper - Green Pepper
- 4 carrot - Carrot
- 2 cup (0.7 oz) - Arugula (Rocket, Roquette), raw
- 1 serving, 2 pieces with liquid (4.6 oz) - Canned: Artichoke Hearts, canned

Fresh Produce (continued)

- 2 head (22.1 oz) - Lettuce, Cos or Romaine, raw
- 5 tablespoon (0.5 fl.oz) - Oils: Olive Oil, Extra Virgin
- 4.25 tablespoon (0.5 fl.oz) - Fruit/Vegetable Juices: Lemon, fresh
1 lemon yields (1.6 fl.oz) - Fruit/Vegetable Juices: Lemon, fresh
- 0.25 small - Red Onion
- 1 tbsp - Lemon Juice
- 1 large (8" to 8-7/8" long) - Banana
- 0.50 large [7.5 oz , 8" long] (4.8 oz) - Fresh Fruits: Bananas, raw
- 4 oz - Mushrooms, white, raw
- 1 medium - Red Pepper Raw
- 0.67 teaspoon, ground (0.1 oz) - Pepper, Black
- 1 can (28.0 oz) - Canned: Organic, Tomatoes, Plum, Whole Peeled
- 3 tablespoon (0.1 oz) - Parsley, raw
- 2 teaspoon (0.0 oz) - Thyme, fresh
- 2 serving (0.5 oz) - Ripe Black Olives, Pitted
- 1 large - Onion
- 1 whole, 3" dia. (6.4 oz) - Red Tomatoes, ripe, raw
- 0.5 onion - Sweet Onion
- 2 cup - Spinach
- 0.50 tablespoon (0.2 oz) - Onion Powder

Meats & Seafood

- 2 medium slice (0.3 oz) - Pork: Bacon, broiled or pan fried
- 8 oz - Deli & Luncheon Meat: Ham, 11% fat, sliced
- 4 single breast [6.4 oz with bone & skin] (4.2 oz) - Chicken: Breast, raw, meat only, without skin

Meats & Seafood (continued)

- Past tasks now available! Want patients to be able to check off past tasks? Now they can! Go to the Settings/Plan Details of any of your plans to turn this feature on. Only available on the web platform right now. Update coming to the app soon. Call us at 561-247-3839 if you need any assistance.
- 4 can (5.8 oz) - Tuna, Light, canned in water, drained
 - 4 oz - Beef: Round, Top, Lean, broiled
 - 15.99 oz - Round Steak
 - 1 fillet (14.0 oz) - Salmon, Atlantic, raw
 - 24 oz - Salmon, Atlantic, raw
 - 2 tablespoon (0.5 oz) - Oils: Coconut, Organic Unrefined
 - 1 teaspoon (0.1 oz) - Mustard Seed, ground
 - 12 oz - Beef: Steak, Sirloin, Lean & Fat (1/4"), pan fried
 - 0.50 serving, 1/4 tablespoon (0.0 oz) - Baking Ingredients: Sea Salt
 - 2 serving (4.0 oz) - Chicken: Breasts, Boneless, Skinless, raw
 - 4 oz - Phillips: Canned/Packaged : Crab Meat, Jumbo Lump
 - 8 oz - Shrimp, raw

Dairy

- 10 large (1.8 oz) - Eggs: Whole, hard-boiled
- 0.75 tablespoon (0.3 oz) - Capers, canned, drained
- 2.68 tablespoon (0.6 oz) - Nut: Almond Butter, Natural No Salt Added, Creamy & Roasted
- 500 mL - So Delicious: Coconut Milk Beverage, Unsweetened
- 1 fl.oz - So Delicious: Coconut Milk Beverage, Unsweetened

General Grocery

- 2 tablespoons - Salad Dressing
- 1 tablespoon (0.7 oz) - Honeys: Raw & Unfiltered, average all flavors
- 0.5 cup - Spicy Mustard
- 2 tbsp - Honey
- 0.33 cup - Olive Oil
- 2 tsp - Coconut Oil
- 2 tbsp - Flaxseed Oil
- 1 tablespoon (0.5 oz) - Oils: Canola
- 2 fl.oz - Wines: Red, burgundy, cabernet
- 0.25 tablespoon (0.2 oz) - Paprika

Past Tasks Now Available! Want patients to be able to check off past tasks? Now they can! Go to the Settings/Plan Details of any of your plans to turn this feature on. Only available on the web platform right now. Update coming to the app soon. Call us at 561-247-3839 if you need any assistance. ✕



Week #4

BNH Wellness - SLIM SLIM SUMMER

For Day 24 through Day 30

Fresh Produce

- 0.50 cup, chopped (3.2 oz) - Broccoli, raw
- 0.33 whole, large (21.0 oz) - Broccoli, raw
- 1 head [13 oz] (10.4 oz) - Red Leaf Lettuce, raw
- 4 medium, 4" long (0.5 oz) - Onions, spring or scallions, raw
- 0.50 small, 3" long (0.2 oz) - Onions, spring or scallions, raw
- 1.25 fruit [9.6 oz] (7.1 oz) - Fresh Fruits: Avocados, average raw
- 8 tomato (0.6 oz) - Ryan's: Cherry Tomatoes
- 6 oz - Ryan's: Cherry Tomatoes
- 1 head - Red Leaf Lettuce
- 2 stalk - Celery
- 0.50 cup (4.9 oz) - Frozen Fruits: Wildly Nutritious, Mixed Berries
- 1 cup, halves (3.5 oz) - Nuts: Pecans, raw
- 4 clove (0.1 oz) - Garlic, raw
- 2 cup (0.7 oz) - Arugula (Rocket, Roquette), raw
- 1 serving, 2 pieces with liquid (4.6 oz) - Canned: Artichoke Hearts, canned
- 2 head (22.1 oz) - Lettuce, Cos or Romaine, raw
- 3 tablespoon (0.5 fl.oz) - Oils: Olive Oil, Extra Virgin
- 4.25 tablespoon (0.5 fl.oz) - Fruit/Vegetable Juices: Lemon, fresh
- 0.25 small - Red Onion
- 1 tbsp - Lemon Juice
- 2 large (8" to 8-7/8" long) - Banana
- 1 large [7.5 oz , 8" long] (4.8 oz) - Fresh Fruits: Bananas, raw
- 2 stalk, 7" long (1.4 oz) - Celery, raw
- 4 oz - Carrots, raw
- 4 oz - Mushrooms, white, raw

Fresh Produce (continued)

- 1 medium - Yellow Onion
- 1 medium - Red Pepper Raw
- 0.50 teaspoon (0.0 oz) - Thyme, fresh
- 0.50 oz - Sage Leaf
- 0.50 teaspoon, leaves (0.0 oz) - Tarragon, dried
- 0.25 dash (0.0 oz) - Pepper, Black
- 0.25 teaspoon, ground (0.1 oz) - Pepper, Black
- 2 tablespoon, leaves (0.1 oz) - Basil, dried
- 1 head, 4" dia. (9.3 oz) - Cauliflower, raw
- 2 medium (6.9 oz) - Zucchini, raw, with Skin
- 0.50 tablespoon, chopped (0.1 oz) - Basil, fresh
- 0.50 teaspoon (0.0 oz) - Rosemary, dried
- 1 pepper - Green Pepper
- 0.5 small - Onion

Meats & Seafood

- 3 serving (4.0 oz) - Chicken: Breast, raw, meat only, without skin
- 4 single breast [6.4 oz with bone & skin] (4.2 oz) - Chicken: Breast, raw, meat only, without skin
- 2 medium slice (0.3 oz) - Pork: Bacon, broiled or pan fried
- 8 oz - Deli & Luncheon Meat: Ham, 11% fat, sliced
- 1 fillet (14.0 oz) - Salmon, Atlantic, raw
- 24 oz - Salmon, Atlantic, raw
- 2 tablespoon (0.5 oz) - Oils: Coconut, Organic Unrefined
- 1 teaspoon (0.1 oz) - Mustard Seed, ground
- 12 oz - Beef: Steak, Sirloin, Lean & Fat (1/4"), pan fried
- 2 serving (4.0 oz) - Chicken: Breasts, Boneless, Skinless, raw
- 4 serving (4.0 oz) - Pork: Fresh, tenderloin, lean only, raw

Meats & Seafood (continued)

- 8 oz - Beef: Tenderloin, Roast, lean & 1/4 fat, roasted
- Fast Tasks Now Available! Want patients to be able to check off past tasks? Now they can! Go to the Settings/Plan Details of any of your plans to turn this feature on. Only available on the web platform right now. Update coming to the app soon. Call us at 561-247-3839 if you need any assistance. [×](#)

Dairy

- 4 large (1.8 oz) - Eggs: Whole, hard-boiled
- 6 tablespoon (0.6 oz) - Nut: Almond Butter, Natural No Salt Added, Creamy & Roasted
- 2 fl.oz - So Delicious: Coconut Milk Beverage, Unsweetened
- 0.50 fl.oz - Fruit/Vegetable Juices: Orange, fresh
- 2 serving, 1/4 teaspoon - Grinder, Sea Salt
- 6 large [2 oz with shell] (1.8 oz) - Eggs: Whole, raw, fresh
- 2 serving, 2 tablespoons (1.2 oz) - Salsas: Ready-to-Serve
- 12 oz - Deli & Luncheon Meat: Ham, Black Forest Brand Smoked

General Grocery

- 3 tablespoon - Extra Virgin Olive Oil
- 2.66 tablespoon (0.5 fl.oz) - Oils: Olive
- 2 tablespoons - Salad Dressing
- 1 tablespoon (0.7 oz) - Honeys: Raw & Unfiltered, average all flavors
- 0.5 cup - Spicy Mustard
- 2 tbsp - Honey
- 2 tbsp - Flaxseed Oil
- 1 tablespoon (0.5 oz) - Oils: Canola
- 2 fl.oz - Wines: Red, burgundy, cabernet
- 0.5 tsp, whole - Fennel Seeds
- 2 cup (8.6 oz) - Sauces: Tomato, canned
- 1 cup, sliced - Sliced Almonds
- 2.48 oz - Nuts: Almonds, raw
- 50 g - Sauces: Applesauce, unsweetened, canned
- 2 cup - Applesauce