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# Naturally Dairy-Free Foods

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## All Fresh Fruits and Vegetables

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## All Fresh Plain Meats, Fish and Poultry

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## All Fresh Plain Seafood

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**Coconut** Shredded, Water and Oil

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**Coffee and Tea** Black

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## Dried Beans, Peas and Lentils

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**Eggs** Prepared without milk

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**Jellies, Jams and Preserves** 100% pure

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**Juices** 100% natural

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**Nuts and Seeds** Raw, any types

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**Oatmeal** Plain

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## Peanut and Other

**Nut Butters** 100% plain

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**Popcorn** Kernels only, prepared without butter, not microwavable

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**Quinoa** White, Red and Tri-Colored, plain

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## Raisins, Dates and Figs

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## Rice, Cashew, Almond and Other Milk Alternatives

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**Rice** Plain White, Brown, Wild

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## Salsa

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**Spices** Pure, single spices, not blends

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**Sugars** Granulated, Brown, Turbinado (Raw), Powdered

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**Tofu** Plain

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**Vinegars** Balsamic, Rice Wine, Apple Cider, Malt Vinegar

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