

I am on a restricted diet to treat a digestive disorder. Thank you for accomodating me. I apologize for the inconvenience.

CAN NOT EAT

grains or flour
cornstarch or arrowroot
potatoes / sweet potatoes
corn
soy sauce / tamari
balsamic vinegar
sugar
milk / cream
beans

CAN EAT

meat / poultry / seafood / eggs
all vegetables (except those above)
butter & all oils
hard, aged cheeses
all other vinegars, except balsamic
honey

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