

AFGHAN FOODS

Animal Protein

Halal Preferred

- Beef
- Turkey
- Goat
- Chicken
- Lamb and Mutton
- Fish
- Canned Tuna
- Shrimp
- Eggs



Plant Based Protein

- Kidney Beans
- Chickpeas
- Almonds
- Pistachios
- Walnuts
- Pine Nuts
- Fenugreek Seeds
- Sesame Seeds
- Hummus



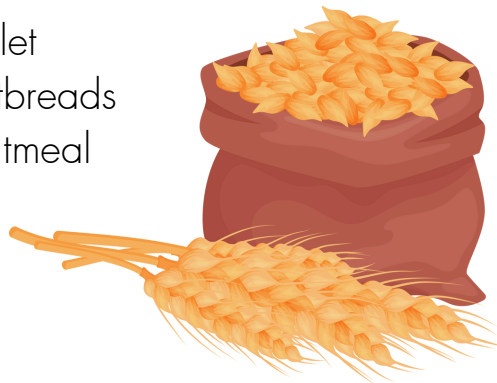
Dairy

- Yogurt
- Feta Cheese
- Cheddar Cheese
- Mozzarella Cheese
- Halloumi Cheese
- Milk
- Powdered Milk
- Cream Cheese
- Goat's Milk
- Sheep's Milk



Grains

- Basmati Rice
- Couscous
- Bulghur
- White Rice
- Barley
- Phyllo Dough
- Millet
- Flatbreads
- Oatmeal



Fruits and Vegetables

- Onions
- Green Onions
- Tomatoes
- Eggplant
- Sweet Potatoes
- Spinach
- Carrots
- Peas
- Lettuce
- Cucumbers
- Melons
- Grapes
- Oranges
- Pomegranates
- Dates
- Raisins
- Figs
- Apricots
- Bananas
- Cantaloupe
- Cherries
- Citrus Fruits
- Rhubarb
- Quince
- Avocado
- Green Cabbage
- Bell Peppers
- Kale
- Leeks
- Mushrooms
- Okra
- Zucchini

