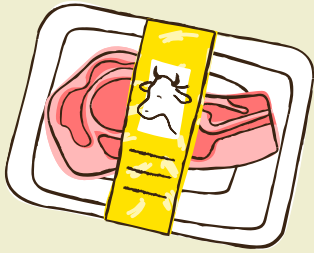


# VENEZUELAN & COLOMBIAN FOODS

## Animal Protein

- Beef
- Chicken
- Lamb
- Ox Tail
- Eggs
- Pork
- Goat
- Salmon
- Trout



## Plant Based Protein

- Lentils
- Fava Beans
- Red Beans
- Chickpeas
- Pigeon Peas
- Pinto Beans



## Fruits and Vegetables

- Apples
- Avocado
- Banana
- Cabbage
- Carrots
- Cassava
- Citrus Fruits
- Coconut
- Corn
- Dragon Fruit
- Eggplant
- Grapes
- Guava
- Habanero
- Lettuce
- Mango
- Melons
- Onion
- Papaya
- Pimientos
- Potatoes
- Prunes
- Pumpkin
- Spinach
- Sweet Peppers
- Tomatoes
- Yams
- Zucchini



## Dairy

- White Cheese
- Condensed Milk
- Milk
- Fresco Cheese
- Fruit Yogurts



## Grains

- White Rice
- Yellow Rice
- Oats
- Pasta
- Cornmeal



## Condiments and Cooking Staples

- Sugar
- Bouillon Cubes
- Butter
- Corn Starch
- Cinnamon
- Cumin
- Broth Stock
- Honey
- Sour Cream
- Vinegar
- Garlic

