



Twelve Golden Rules

for

For

Wealth and Romance

By

Joan Wright Lewis

Jo-Val Publishing, LLC
Avon, Indiana
www.jvpublishers.com

Published by Jo-Val Publishing, LLC
Avon, Indiana

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Printed in the United States of America

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Twelve Golden Rules

For

Wealth and Romance

What does wealth and romance have to do with each other? Can one survive without the other? Of course it can. But do they need each other? Yes! In order to have romance with a happy relationship, one does not need wealth, and vice versa, but it would sure be wonderful to be financially successful, singled or coupled. Many relationships have been broken because of financial difficulty. When there is a financial strain in a relationship, tempers flare and stress and worry could control a person's mind. To find out more about living a fantastic, happy and satisfied, loving relationship go here:

<http://jvpublishers.com/STARR-Application-Signup-FormGodloves-you321.html>

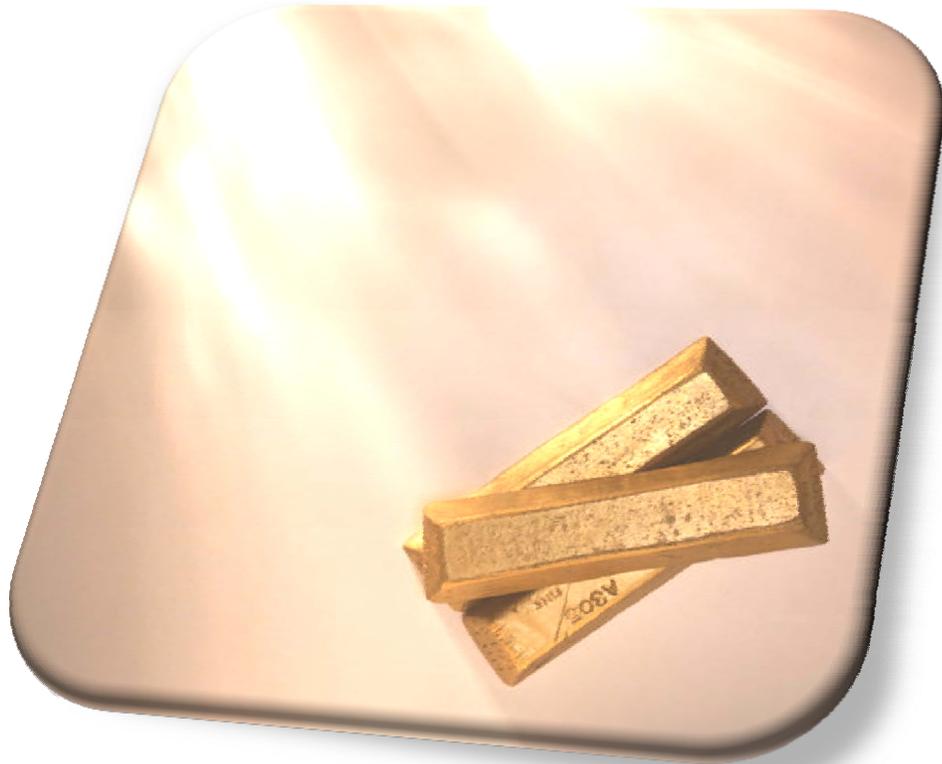
To have wealth or money at your disposal is a great advantage. Having very little or nothing could cause great

grievances. If you are single, it a very good idea to gain as much knowledge as you can about stable wealth practices. I wish I knew all this information years ago, because if I had abided by the wisdom I searched and found, I would have been financially stable a lot sooner.

All of us want to be wealthy or have more money to spend. Many are poor or barely making it. If you are poor, it is hard at times to see where the next meal will come from and if you are barely making it you still need more money to handle expenses or open a business.

One important thing I found out about wealth and romance is that couples must talk about their finances. One spouse must not leave everything on the other to take care of. There must be a line of communication between husband and wife, man and woman. This will cut down on misunderstanding and frustrations. Also, do not get linked up with a spender. In the end you will end up paying for it.

Twelve Golden Rules



I found out some very important rules that I will share with you. I call them my Twelve (12) Golden Rules. The research I put together is from my experiences, the Bible, *The Richest Man in Babylon*, by George S. Clason, and *Think and Grow Rich*, by Napoleon Hill.

I. *First Golden Rule*

Pray

In the Great Book, the Bible, King Solomon was one of the richest and wisest men ever. The first major thing he did when he became king was to call upon The Almighty and ask Him for wisdom. (II Chronicles 1:8-12) In James 1:5 it states, *“If any of you lack wisdom, let him ask of God, that gives to all men liberally and upbraids (reproach, scold) not; and it shall be given him. But let him ask in faith, nothing wavering (hesitating). For he that wavers is like a wave of the sea driven with the wind and tossed.”* This is an awesome promise directly from God. He wants to bless us. King Solomon asked for wisdom; he was given wisdom and other things, including, how to be wealthy.

Others sought wisdom from The Infinite. They asked for blessings and received it. Jabez called to The Ancient of Days directly to enlarge his territory. (1Chronicle 4:10) The Words of Wisdom tells us that Jabez was more

honorable than his brethren. We must not forget that. He was ready to receive the blessing that was his. He did not wake up suddenly and asked to be blessed. He was honorable. Therefore, he was a good man, respectable, honest in his works and dealings with others, admirable, upright, and he had principles. Because of his honorable character, Jabez knew how to treat people. Hence, he was ready to handle a great responsibility. Jabez received the blessings that were waiting for him, and his territory was given abundance. You must be knowledgeable with regard to handling your wealth properly and carefully.

God tells us to ask Him and we will receive. Knock and the door will be opened. The Bible says to *“Have faith in God. I tell you the truth, you can say to this mountain, ‘May you be lifted up and thrown into the sea,’ and it will happen. But you must really believe it will happen and have no doubt in your heart. I tell you, you can pray for anything, and if you believe that you have received it, it will be yours. But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in*

heaven will forgive your sins, too.” (Mark 11:22-25) If we ask in God’s will, he hears us. In 1 John 5: 14, 15, it says, “And we are confident that he hears us whenever we ask for anything that pleases him. And since we know he hears us when we make our requests, we also know that he will give us what we ask for.” Do not forget to ask God to forgive you of your sins also, this is important.

II. Second Golden Rule

Budget

When some of us see the word budget we may say, “I know I have to budget, but.....” or “I will sit down one day and budget my finances.” We may even feel it is for the next person. We think we got it all worked out. Not! Everyone should budget, now.

First, make a list of all your bills. Group your bills accordingly. If you need to get professional help, I recommend you get the help. Group your bills such as: mortgage, rent, car payments, major utility bills like gas and electric, then water, sewer; also credit cards, loans, children’s expenses such as, school books, tuition, lunches, Christmas or holiday funds, vacations, gas for vehicles, fun bills, money in your purse or wallet, etc. If you do not have software that does the budgeting, you can prepare one manually with excel. (A copy of a budget list is located in the workbook at the end of this e-Book).

Budget the amount of money for food monthly, then weekly. Write what you buy and replace monthly and weekly. The food budget is very important. One must try his or her best not to overspend. It is best to eat before food shopping, so you do not feel hungry. This can save an extra \$10 – \$20 dollars. An extra ten dollars monthly, will save \$120.00 a year; and twenty dollars, saves \$240.00. It is best to redirect that money somewhere else worthwhile. Importantly, write down each item before you go shopping. Make up a monthly list of items needed. Put a check next to each product or item that has to be replaced, finished or running low. (Check the workbook at the end of this e-Book for a sample food list).

If possible, each person in the household should have a weekly or monthly allowance. Once the allowance is given, and each individual buys his or her items, no more money should be allotted. Teach your children to save a little from their allowance.

Control your spending! Do not spend more than is necessary. I repeat, control your spending! Do not spend more than is necessary. If you are in the habit of buying feverously, write down everything you buy; even a pack of gum or bag of chips.

3. *Third Golden Rule*



Pay Yourself 10% of Income

You must pay yourself 10% of your earning and put it aside or in a savings account for yourself. Get into the **habit** of paying yourself first. I do not know if you heard what I just said. Let me repeat it a little louder. **GET INTO THE HABIT OF PAYING YOURSELF FIRST.** Sorry, didn't mean to say it so loud! I hope you will bless yourself first. You are worth it. When you pay yourself 10%, you will be building treasures now and for your future. It may seem hard at first, however, when you count the amount you saved over a period of time, you will feel more at peace. You will be happy to use some of it to invest or continue to save more. My husband and I were

surprised when we finally decide to stop and count how much we saved. We needed some of it for a rainy day.



Ten percent to God

You must also return a tenth of your earning, plus an offering to God. This tenth could be given to your church, a religious organization or a charity of your choice. We are asked by The Almighty to return 10% of our income to Him and He promises to bless us abundantly. In Malachi 3:8-11, He says *“Bring you **all** the tithe into the storehouse prove meif I will not open you the windows of heaven, and pour you out a blessing that there shall not be room enough to receive it.”* Trust Him and take Him at His word. If we are not **returning** to The Infinite One, we are robbing Him. Uh oh. *“You are cursed with a curse, because you rob me.”* There seems to be a law in the universe that when we give willingly and without complaint, we are blessed abundantly. Let us give so that we will receive with abundance what is rightfully ours.



Save

What if you work \$300.00 weekly and pay yourself the 10%. You take out and save \$30.00. At the end of the year (52 weeks), you would have saved \$1,560. In ten years, you would save \$15,600. This amount does not include the raises you will receive each year or if you get a better paying job. You could save more than 10%, but do not save below the 10%. Do not touch your 10%. There may be times when you need to borrow a little for emergencies. Nevertheless, do not forget to replace what you borrowed if you can. Open other savings that you could dip into occasionally. At present, \$15,600 may not seem much for a savings of ten years, however, that is fifteen thousand dollars you did not have ten years ago. You could invest your 10% into a stable, money growing investment also. Ten years may seem like a long time, but you will be surprised how fast ten years transpires. Please do not forget to **PAY YOURSELF 1ST**. This is crucial.

IV. Fourth Golden Rule



Make Your Money Grow

By following the three simple rules above, you should have consulted with Infinite wisdom. Your budget is set. You set aside 10% of your income for yourself and promise to return 10% plus offerings to The Great Almighty. A good way to make your money grow is to find one or more stable, worthy investment. Please do your homework; do not jump in with your feet first. Know where you are investing. Ask questions. If the answer does not seem right, continue your search. It is best to read magazines like Forbes, Black Enterprise, Entrepreneur, etc for more information.

How is your little \$300.00 going to allow you to do all of this? Do not forget you have asked God for wisdom and you are not sitting by idly. You are trusting Infinite Powers to open doors for you and to bless you.

You must guard against losing your money. Beware of ‘get rich quick’ opportunities. Be careful of those ads or emails that read, “this is not a get rich quick opportunity, but it’s guaranteed to make you strong money.” Do not take your entire savings and dump it into a fantastic looking offer without first investigating it properly. If it seems too good to be true, more than likely **it is**. Check with the Better Business Bureau (BBB). How long is the company in business? There are many books written, seminars and programs available. Do your research carefully before giving your hard-earned cash away.

V. *Fifth Golden Rule*



Definite Purpose and be Persistent

The first battle to win is to know exactly what you want. Then set your goal and pursue it. Write it down, step by step. You may have to rewrite it a few times to make it clear and precise for yourself. At times, it may seem like it is not working, but do not give up. Be persistent, trust in The Infinite Powers and keep going. If you follow a general purpose, more than likely you may fail at what you want to accomplish. Be precise. What do you want to do? Even if it happens to be a **big** dream, write it down. If you are looking for some of the best businesses to start with great ideas, go here:

<http://www.jvpublishers.com/e-Book-CreateYourOwnBusinessGainFinancialFreedom.html>

Do not give up on big dreams. The Pyramids in Egypt were not built in a day. The Hilton Hotels are here today because someone had a dream and pursued it.

Most of us give up at the first signs of failure. We must remember that we are not in a perfect world. Redirect your thought patterns to think positive. I repeat, **redirect your thought patterns to think positive.** I repeat, **redirect your thought patterns to think positive.** Get a piece of paper and write down the negative things you say, think and do. Make sure you recognize them. If you need to ask a family member or friend for help then do so. Sometimes we do not realize how negative we really are. Words such as, *I can't, maybe, perhaps, How am I going to make it, I'm dumb, stupid, I don't know, I have no education, I'm helpless, I don't think I can do it,* etc, should not be in your life. Get rid of them. **Stop it immediately.** Now! Promise yourself not to indulge yourself in these negatives. Finally, put that piece of paper in a kitchen sink and burn it up. Make sure there is nothing around to cause a fire. If you prefer not to burn it, tear it up into pieces and flush it down the toilet.

Without hesitation, get another piece of paper, write the word, **Positive**. Get a thesaurus or a dictionary and write the meaning or the words taken from the thesaurus. Some of the wonderful creative words that you will see are -- optimistic, cheerful, confident, hopeful, buoyant, upbeat, bright, clear, sure, decisive, assured, definite, clear-cut, etc. These are encouraging words. Build your thoughts and life around these words and the meaning of the word, positive.

You must focus your attention on your main goal (dreams). Say to yourself daily, “I will overcome and climb over the mountain and reach my goals.” ***“I have overcome and climbed over the mountain and reached my goals.”*** Be persistent! Be persistent! Be persistent and never give up. Say to yourself, “I have a million dollar company.” What you have is gold. You must be determined and make decisive decisions. Indecision is like a nightmare. It causes you to go in circles. Stop spinning, make prompt decisions, and changing if at all, slowly. Move forward without procrastinating. By allowing procrastination to enter your life, will destroy your dream.

Use the talents you were blessed with to make your dreams come true. Each person is born with a talent. Always allow the Monarch of the Galaxies to guide and direct you.

If your first plan failed, try a new plan. Do not give up. You have gained some kind of experience working on the first plan. If the next plan fails also, try another plan or find out what misguided your plans. Some of the most successful people failed before they found what really worked for them. You should plan your work then work your plan. Create a good plan. Write each step and follow through. If it is not working, check and make sure it is a sound, practical plan. Never give up because success may be around the corner. Your success will not only be a blessing to you, it may someday be a blessing to me and millions of others. Ask the Almighty for wisdom, continuously as you move along.

A good way to get your plans working is **to create a network of talented people**. They must be trust worthy. Their specialized talents, ideas, resources and support can

give your plans or business the height it needs to climb. Gather between one to ten people, and present your well-thought out plans. The one person could be your spouse, brother, sister, or best friend. You **must** meet weekly, bi-weekly, etc. to make plans and see what have been accomplished. With all of you working together, you will see your plans come to life. These people are people who care about you and want to see you succeed. Of course, it is always a good idea to reward someone for their help and effort. Give a dinner party, lunch, rent a movie, gift, recognition, etc. Pray and ask God to send you the right people. You may join a network of business people and pay a membership fee.

If you prefer to get business partners, make sure they have trustworthy characters. Choosing to have a business partner is totally up to you.

If you do not have the capital (money) to expand or move forward, do not give up. Know that money will come. Search for Philanthropists who are available to fund

your cause. Look on the Internet for a free business proposal and learn how to fill in the information. (Below is one that I found by Peter McLean).

<http://www.jvpublishers.com/bus-proposal-e-Book.html>

Trust in the Almighty God. Believe that you have the capital to fund your goals (business). Do not forget what was said earlier. Ask for wisdom. Ask for the money. The knowledge will come to bless you.

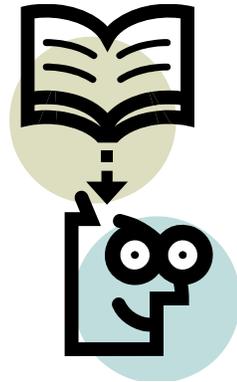
VI. Sixth Golden Rule



Own House, Land and/or Property

Do your best to own your own home or valuable property that increases its value with years. If you get a chance to own an acre or a lot of land, hold on to it as long as you could. Years later, it may be valued ten times more than you purchased it for. If you have to pay on a monthly basis until it is paid off, that is okay.

VII. Seventh Golden Rule



Gain Knowledge

Become an expert in your field by increasing your knowledge. It will be easier for you to succeed. Gain as much knowledge as you can by reading books from the library, bookstores, books in your home. Attend seminars, workshops, schools of learning, colleges or the internet schools. You could also do your own research. Pull from your experiences and write them down.

Learn the skills needed to make your new venture successful. It is very important that you have a proper knowledge of your work, especially if the person's life depends on your skills. You may have to hire professionals to do the work you are not familiar with. There are CDs, DVDs or videos with much information about many

subjects. Libraries, bookstores, the Internet, friends, and family are filled with resources.

A positive attitude is very important in pursuing your dreams. God gave you your talents to be a blessing to yourself and especially to others. He did not give it to you to sit on it or to hurt or destroy anyone. Remember, that all the bad or good you do in this world will come back to you. Use your talent to be a blessing to others. We are given wisdom in His words, Galatians 6:7-10, *“Be not deceived; God is not mocked: for what so ever a man/woman sows, that shall he also reap. For he that sows to his flesh shall of the flesh reap corruption, but he that sows to the Spirit shall of the Spirit (of God) reap life everlasting. And let us not be weary in doing well: for in due season we shall reap if we do not faint. When we have the opportunity, let us do good, let us do good unto all people, especially unto them who are of the household of faith.”*

Be kind and caring, to your fellowmen, and women, and especially to children. God expects us to protect and care for them. We must use our talents to do right. The

words from the Lord are very important. Use your life and talent wisely.



Drop Discouraging Associates

Remember that when you increase your knowledge you can earn more wealth. Gain knowledge from those who have succeeded with wealth. Associate with successful individuals. If you tend to associate with poverty-stricken people, you will remain in poverty. They may discourage you because they do not want you to succeed. Do not walk around and tell these people your dreams; they will try to crush it. You may need to drop some of these so-called friends. Sometimes when people do not have a vision or a dream, they can be very discouraging. This does not mean that once you have gain success you cannot reach back and help them. However,

there are times when certain friends will hold you back. This may seem mean or unrealistic; however, many people are failing right now because of discouraging friends or family. Millions have failed in the past and never experience their dreams because of friends or family who held them back.

By associating with successful people, you will find yourself beginning to think and be more competent. These successful people are busy trying to move forward and may have lots of information or they may need your support, business, and/or social information from you. Deliberately look for people who are encouraging and accomplished. Make this a part of your goal while climbing up. If you do not know where to begin, search the internet for successful business people. Find successful people in your church, temple or organization who are on their way up and are acquainted with a network of successful people.

VIII. Eighth Golden Rule



Repay Debt

You do not want any debt hanging around that will destroy your credit or detract from your progress. Once you are successful, return all that you owed. This is wise. Close the gap you created with the lender. Budget your income to see how you could begin to return what you owe. How can you respect yourself if you do not make an honest effort to return what you borrowed?

IX. Ninth Golden Rule



Honesty

You must be honest. Remember Jabez, he was more honorable than his brethren and God blessed him. Jabez was an honest, respectable man. Do not do anything illegal or dishonest to get you in trouble with the law. You must be fair in all your dealings if you want respect from people.

God is also taking note of your dealings. How can He bless you above all that you ask or think, if you are dishonest?

Kindness

Be kind and true to your relationships; i.e., God, spouse, children neighbor, coworkers, and customers. These are more important than money. You may change your money circumstances, but you may not be able to erase the hurt and pain you allow in your relationships, because of finance or other situations. People are very fragile and we should take care to be understanding and kind. We all have feelings and The Great Almighty made us like Him. He has feelings too and God hurts and is saddened when we neglect Him. Let us spend time with God and build our relationship with Him.

Taking time out to relax is smart. Also, taking care of our health, it is vital. We should eat right and change our lifestyle if necessary. Not having enough or no money can be very frustrating and worrisome. This could upset our health. If we allow frustration and poverty to rule our lives, it can cause unresolved problems and separations in our relationships.

One hurtful word mentioned to your spouse, friends, family members, customers or coworkers can never be retrieved. It may cause the individual you are lashing out at so much pain, that it can change the course of that person's life forever. Anger, irritation, depression, frustration, inconsideration, worries are symptoms of stress. If you cannot separate yourself from these symptoms, you definitely need help. This help will come from God, if you allow Him to deliver you. It also comes from your spouse, friends, family or professionals. There is much help for you to ask, so ask. If you are honest with yourself, you will seek help if you need it. You may sign up for the "Secrets of a Romantic Relationship," Click below to find out more about having a happy, stable relationship.

<http://jvpublishers.com/STARR-Application-Signup-FormGodloves-you321.html>

As long as you are alive, you have the ability to move forward. Review each Golden Rule and purpose in your heart to make a difference and to be honest. You were built to soar like an eagle, not a chicken, so soar high. Set your goals high and achieve them.

X. Tenth Golden Rule



Do Not Live Above Your Means

Save, save, save. You owe it to yourself. Do not try to keep up with the Joneses. You do not know how the Joneses are getting by. Do not buy every new product that comes out. If you wait long enough a newer product will replace the *new* one and so on. By living above your means, you place yourself in debt and cause you and your family to be poor all your life. This can be frustrating.

The merchants that you are buying all these unnecessary products from, do not care about you. They are busy getting rich and living the good life. You are supporting their lifestyle, buying all these expensive things. Many of these things are stuff you do not need. Look around your home. Look at all the stuff you or a family member bought. Are you still using it? Did you really

need it? Could you have done without it? It does not matter if the items bought were chewing gum or sweets. Did you really need it? Suppose you had saved all the money you paid for all the unnecessary things you bought. It would be great to see all that money now. Learn to hold onto your money for a rainy day.

If you are paying monthly for merchandise, and you miss one or two payments, the merchants are ready to send you to a collection agency or to come and repossess the merchandise. They do not care about you. All they want are your hard-earned dollars. If you were in trouble, they would quickly turn a deaf ear. Slow down on the cash spending. Budget carefully. Write out what you need or want yearly, monthly, and daily. Check around for the best bargains, and write the prices down. In a week to six months, the store may drop the prices. If not, it is okay. Does the product you so desperately want, cost above what you earned? Could you buy another brand name at a lower price? Are you tapping into your major bills money or

secured saving? Stopbreathe. Spend wisely. You will not regret it.

If you celebrate the Christmas holiday, start saving money from the beginning of April. Put away a little at a time. If you prefer to start saving in January, that is great. The holiday may have left you broke. However, by the time April rolls around, most people are more financially stable. Look for bargains. Start shopping early. Do not wait until November to start shopping. Buy practical gifts that are useful for the individual's talent. Books are one of the easiest practical gifts to give.

XI. Eleventh Golden Rule



Increase Your Income

If you do not have a job, do your best to get one. If you are a stay at home Mom or Dad, there are numerous home businesses you could do to help you until you are able to open the business you really want. Click here for some marvelous ideas:

<http://www.jvpublishers.com/e-Book-CreateYourOwnBusinessGainFinancialFreedom.html>

If you already have a job and you could do a second job to increase your income, it may be of great benefit to you. But please do not over work yourself. Your second job could be a part-time job at home. If you are working on a special project, you could apply for a grant or loan. The government and private philanthropists give grants for certain projects. A good idea would be to find information on the internet or at the library. But be careful when surfing the Internet. You may find promotions asking for a

fee to give you their information. Be very aware, because you can do your own research and find the grants and loans yourself. Nevertheless, if you find that they are trustworthy, you may prefer to get it from them.

Below are lists of businesses you could start, especially if you are talented in those areas.

Baby-sitting

Buy whole sale/sell retail

Braids/Hair extensions

Create web pages

Write and publish books

Day care for the elderly

For much more business list and information on the above lists, see, “*Create Your Own Business, Gain Financial Freedom Using Simple Methods*,” by Joan Wright-Lewis.

Go to:

<http://www.jvpublishers.com/e-Book-CreateYourOwnBusinessGainFinancialFreedom.html>

XII. Twelve Golden Rule



Change Your State of Mind

Think Wealth. Think riches. Think joy, happiness, peace of mind. If this is hard to do, then call upon the Great God of heaven to give you this state of mind. However, you must first ask Him to forgive you of any wrongs you have done. He is happy and willing to give all who asked. He said it Himself, “Ask and it shall be given . . .” (Matt 7:7-11) “Ask anything in My Name of the Father and He will give it to you. (John 16:23, 24) No man is an island by himself. You must get help to push you forward. Review Golden Rule #5. **You must change your thought patterns from poverty or thinking poor.**

If you are married, it is best for you and your spouse to build your success (dreams) together. You have the

power to change your state of mind. Stop being the employee and become the employer, and build your own empire. Your husband or wife is your best support. Working together and meeting weekly to discuss your business will help you both to grow together. You must respect each other's views and not ridicule any ideas. Evaluate the suggestions or ideas and look into it. It may work. If you are not married or you cannot trust your spouse, pray to the Almighty and asked for the right person to help you. Pray for someone honorable and trust worthy. Read positive books that encourage you and your sweetheart to bring your dreams to life. Repeat to yourself daily positive words of encouragement. This must be done daily.

A wonderful book that could help to encourage you, your teens and young adults is, "*How to be Popular Like a Celebrity and Love it.*" Click below for more information.

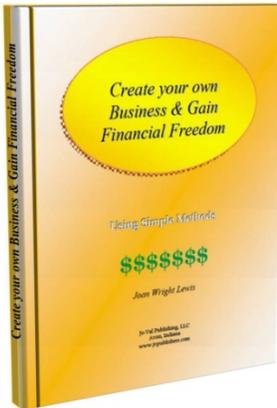
<http://www.jvpublishers.com/H-t-b-P.html>

Or ask your favorite bookstore or look on Barnes and Noble or Amazon.com. Awesome, inspiring book! It is worth every dollar and more.

What does wealth have to do with romance? Well, see for yourself, and move forward with your dreams. When we are financially successful, it removes many or all of the financial burdens we face. This allows us to focus on other aspects of our lives.

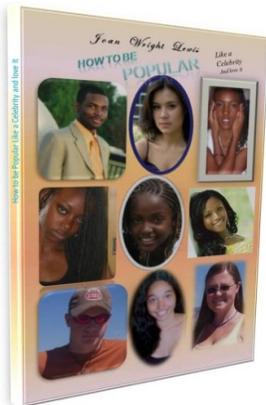
Remember you are on God's mind. He loves you tremendously. Live the dreams He has given you. You are blessed.

Order you very own copy



Do you want to run your own business, yet did not know what to do or how to get started? “*Create your own Business & Gain Financial Freedom*,” is the best guide to begin and own your own business.

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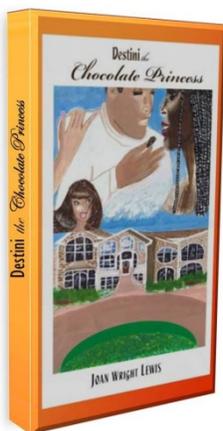


This delightful, easy reading book is filled with passionate information to challenge the mind.

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June 2009
Week of 1 - 4



<p><i>Fruit Groups</i></p> <p>___ Apples ___ Orange ___ Apricot ___ Cherries ___ Banana ___ Kiwi ___ Blueberries ___ Plums ___ Cantaloupe ___ Mandarin ___ Cranberries ___ Tangerine ___ Grapefruit ___ Melon ___ Grapes ___ Peach ___ Mango ___ Pears ___ Nectarine ___ Lemons ___ Pineapple ___ Figs ___ Strawberries ___ Cantaloupe</p>	<p><i>Cereal Groups</i></p> <p>___ Bran ___ Breads ___ Cereal ___ Corn Flakes ___ Corn meal ___ Cream of Wheat ___ Farina ___ Oats ___ Other ___ Granola</p>	<p><i>Beverages</i></p> <p>___ Apple juice ___ Cranberry juice ___ Eggnog ___ Fruit punch ___ Grape juice ___ Lemon/lime soda ___ Mango juice ___ Orange juice ___ Pineapple juice ___ Single box juices ___ Tea ___ Water</p>	<p><i>Legumes</i></p> <p>___ Almonds ___ Bake beans ___ Black beans ___ Cashews ___ Garbanzo ___ Gungu peas ___ Lentils ___ Lima beans ___ Pistachios ___ Red kidney beans ___ Split peas</p>
<p><i>Vegetables</i></p> <p>___ Asparagus ___ Brussels sprouts ___ Cabbage ___ Plantains ___ Carrots ___ Eggplant ___ Garlic ___ Cauliflower ___ Green peppers ___ Onions ___ Red peppers ___ Squash ___ Yellow pepper</p>	<p><i>Greens</i></p> <p>___ Beet tops ___ Broccoli ___ Callaloo ___ Collard ___ Dandelions ___ Kale ___ Mustard ___ Spinach</p>	<p><i>Fish</i></p> <p>___ Attila ___ Cod ___ Flounder ___ Tuna ___ Haddock ___ Mackerel ___ Red Snapper ___ Salmon ___ Salt fish</p>	<p><i>Meats</i></p> <p>___ Beef ___ Chicken ___ Ground Turkey ___ Hot dogs - turkey ___ Lamb ___ Turkey</p>
<p><i>Salads</i></p> <p>___ Lettuce ___ Spinach ___ Tomato ___ Carrots ___ Cucumber ___ Watercress</p> <p style="text-align: center;"><i>Other Products</i></p> <p>___ Ink for printer ___ Copy paper</p>	<p><i>Dairy</i></p> <p>___ Butter ___ Cheese ___ Cream cheese ___ Eggs</p> <hr/> <p><i>Baking</i></p> <p>___ Agave ___ Baking Powder ___ Yeast ___ Sugar ___ Vanilla ___ Cinnamon</p>	<p><i>Paper Products</i></p> <p>___ Cups ___ Forks ___ Knives ___ Napkins ___ Plates ___ Spoons ___ Aluminum foil ___ Toilet paper ___ Sandwich bags ___ Snack bags</p>	<p><i>Snacks</i></p> <p>___ Candies ___ Chocolate ___ Cookies ___ Pizza ___ Crackers ___ Popcorn ___ raisons ___ Popsicles ___ Raisons ___ Ice Cream</p>
<p><i>Grains</i></p> <p>___ Spelt ___ Brown rice ___ Flour ___ Parboiled rice ___ Whole wheat flour ___ Flax Seed ___ Sun flower seeds ___ Buckwheat</p>	<p style="text-align: center;"><i>Pasta</i></p> <p>___ Fettuccini ___ Macaroni ___ Spaghetti ___ Wide noodles</p>	<p style="text-align: center;"><i>Oils</i></p> <p>___ Canola ___ Olive</p>	<p style="text-align: center;"><i>Tubers</i></p> <p>___ Coco ___ Potatoes ___ Yams ___ Sweet potatoes</p>

