

<u>FRUITS</u>	<u>VEGGIES</u>	<u>GREENS</u>	<u>LEGUMES</u>	<u>DRIED HERBS?SPICES</u>	<u>NUTS/SEEDS (BUTTERS)</u>
apple	acorn squash	arugula	black beans	basil	almonds
banana	artichokes	broccoli	black eyed beans	bay leaf	brazil
blackberry	asparagus	bok choy	butter beans	black pepper cinnamon	cashews
blueberry	avocado	cabbage green	cannellini beans	cumin	chia
canalope	beets	cabbage purple	chickpeas	curry	cocoa
cherries	bell peppers	cauliflower	edamame	dill	flax
clementine	carrots	collard greens	green peas	garamasala	hazelnuts
coconut	celery	kale	kidney beans	ginger	hemp
cranberries	chives	lettuce	lentils (green/brown)	green peppercorns	macadamia
dates	cucumbers	radicchio	lentils (red)	marjoram	pecans
figs	eggplant	red lettuce	lima beans	oreg ano	pistachios
grapefruit	fennel	swiss chard	mung beans	papikra	pumpkin
grapes (green)	garlic	spinach	navy beans	pumpkin spice	seame black
grapes (red)	green beans	turnip greens	peanuts	rosemary	sesame
honeydew	green onion		pinto beans	sage	sunflower
kiwi	leeks	<u>SPROUTS</u>		thyme	tahini
lem on	okra	alfalfa	<u>GRAINS</u>	turmeric	walnuts
lime	olives	arugula sprouts	amaranth	white pepper	
mango	onion	bean sprouts	barley		<u>FERMENTED</u>
nectarines	potatoes	broccoli sprouts	brown rice		kimchi
orange	pumpkin	radish sprouts	buckwheat	<u>FRESH HERBS/SPICES</u>	sauerkraut
passion fruit	radishes		corn	basil	pickles
peaches	red onion	<u>MUSHROOMS</u>	farro	cilantro	tempeh
pear	seaweed/nori	button	millet	ginger	tofu
pineapple	shallots	cremini	oats	mint	
plum	squash	enoki	quinoa	parsley	<u>OTHER</u>
pomegranate	sweet potatoes	oyster	rice	rosemary	coffee
raspberry	tomatoes	morel	spelt	sage	green tea
strawberry	turnips	portobello	whole wheat	thyme	herbal teas
watermelon	zuchinni	shiitake	wild rice	turmeric	dark chocolate (+75%)