

**VEGETABLES**

- Artichokes
- Asian Greens (**Bok Choy, Pea Shoots, etc.**)
- Asparagus
- Beets
- Bell Peppers
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Dandelion greens
- Endive
- Fennel
- Kale
- Green Beans
- Leeks
- Mushrooms (**Morel**)
- Mustard Greens
- Onions
- Peas
- Radish

- Salad Greens (**Arugula, Watercress, etc**)
- Snow Peas
- Swiss Chard
- Spinach
- \_\_\_\_\_
- \_\_\_\_\_

**FRESH HERBS & SPICES**

- Cilantro
- Parsley
- Garlic
- Ginger
- Chives
- Basil
- Clove
- Sage
- \_\_\_\_\_
- \_\_\_\_\_

**FRUIT**

- Apples
- Apricots

- Berries
- Banana
- Figs (**fresh or raw**)
- Grapefruit
- Orange
- Lemons
- Limes
- Mango
- Papayas
- Peaches
- Pineapple
- Raisins
- Rhubarb
- \_\_\_\_\_
- \_\_\_\_\_

**RAW NUTS & SEEDS**

- Almonds
- Cashews
- Walnuts
- Pumpkin seeds
- Sunflower seeds
- \_\_\_\_\_
- \_\_\_\_\_

**GRAINS**

- Amaranth
- Barley
- Bread, whole grain
- Brown rice, long grain
- Buckwheat
- Millet
- Pasta, whole grain
- Oats
- Quinoa
- \_\_\_\_\_
- \_\_\_\_\_

**BEANS**

- Garbanzo
- Black Beans
- Lentils
- Mung
- Great northern
- \_\_\_\_\_
- \_\_\_\_\_

**OILS & VINEGAR**

- Extra Virgin Olive Oil
- Flaxseed Oil
- Balsamic Vinegar
- Apple Cider Vinegar
- \_\_\_\_\_
- \_\_\_\_\_

**DAIRY**

- Yogurt, Low Fat
- Milk (rice, almond, or skim)
- Cheese, part-skim
- \_\_\_\_\_
- \_\_\_\_\_

**LEAN MEATS, EGGS & FISH**

- Chicken
- Eggs, cage-free
- Fish, wild
- Turkey
- Tuna
- \_\_\_\_\_
- \_\_\_\_\_

**MISC**

- Almond Butter
- Herbal Tea
- Honey
- Hummus
- Salsa
- \_\_\_\_\_
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