|  |  |  |
| --- | --- | --- |
| Watercress | *Beans – Black and Kidney* | *Broccoli* |
| *Broccoli Sprouts* | *Broccolini* | Blueberries |
| Blackberries | Collard Greens | *Oatmeal* |
| Garlic | Arugula | *Asparagus* |
| Avocados | Beet Greens | Jicama |
| Kale | Lemons | Limes |
| Lettuce (Romaine and Leaf) | Onions | Peppers |
| Radicchio | Matcha Green Tea | Swiss Chard |
| Cauliflower | Celery | Cranberries |
| Cucumber | Gooseberries | Daikon |
| Carrots | Beets | Radishes |
| Strawberries | *Summer Squash* | Tomatoes |
| *Turnips* | Turnip Greens | *Zucchini* |
| Quinoa | Grapefruit | Apple |
| Watermelon | Pineapple | Nori (Seaweed) |
| Soy | Tart Cherries | Artichokes |
| Bamboo Shoots | Bok Choy | *Brussels Sprouts* |
| *Green Beans* | Mushrooms | *Okra* |
| Olives | Parsley | Pumpkin |
| Ginger | Turmeric | *Chickpeas* |
| *Barley* | Scallions | Chives |
| Cilantro | Dandelion Greens | *Eggplant* |
| *Raspberries* | Rhubarb | *Spaghetti Squash* |
| Spinach | Raw Sauerkraut | Wheatgrass Powder |
| Spirulina (Blue Green Algae) | Cinnamon | Black Pepper |
| Nutritional Yeast | Basil Pesto | CBD |
| Garlic | Olive Oil | Avocado Oil |
| *Sweet Potatoes* | *Yams* | Nuts |
| *Seeds* | *Legumes* | Dark Chocolate |
| Almonds | *Chia Seeds* | Walnuts |
| Dragonfruit | *Pumpkin Seeds* | *Flaxseeds* |
| Coconut | Pomegranate | Cherry |
| *Pear* | *Kiwi* | Mango |
| *Orange* | Acai | Popcorn |
| Pistachios | *Lentils* | Cashews |
| *Apples* | Bananas | Beets |
| Cabbage | Clementine Oranges | Corn |
| Fennel | Papayas | *Peas* |
| Bell Peppers | Jalapeno Peppers | Radishes |
| Rice | Rutabaga | Sugar Snap Peas |
| White Mushrooms |  |  |