

Whole-Food, Plant Based Items

Beans

1. Black Beans
2. Black-eyed peas
3. Butter beans
4. Cannellini beans
5. Chickpeas
6. Edamame
7. English peas
8. Garbanzo beans
9. Great northern beans
10. Kidney beans
11. Lentils (beluga, French, and red varieties)
12. Miso
13. Navy beans
14. Pinto beans
15. Small red beans
16. Split peas (yellow or green)
17. Tempeh

Berries

1. Acai berries
2. Barberries
3. Blackberries
4. Blueberries
5. Cherries (sweet or tart)
6. Concord grapes
7. Cranberries
8. Goji berries
9. Kumquats
10. Mulberries
11. Raspberries (black or red)
12. Strawberries

Other Fruits

1. Apples
2. Dried apricots
3. Avocados
4. Bananas
5. Cantaloupe
6. Clementine
7. Dates
8. Dried figs
9. Grapefruit
10. Honeydew
11. Kiwifruit
12. Lemons
13. Limes

14. Lychees
15. Mangos
16. Nectarines
17. Oranges
18. Papaya
19. Passion fruit
20. Peaches
21. Pears
22. Pineapple
23. Plums (esp. black plums)
24. Pluots
25. Pomegranates
26. Prunes
27. Tangerines
28. Watermelon

Cruciferous Veggies

1. Arugula
2. Bok choy
3. Broccoli
4. Brussels sprouts
5. Cabbage
6. Cauliflower
7. Collard greens
8. Horseradish
9. Kale (black, green, red)
10. Mustard greens
11. Radishes
12. Turnip greens
13. Watercress

Greens

1. Arugula
2. Beet greens
3. Collard greens
4. Kale (black, green, red)
5. Mesclun mix (assorted young salad greens)
6. Mustard greens
7. Sorrel
8. Spinach
9. Swiss chard
10. Turnip greens

Other Vegetables

1. Artichokes
2. Asparagus
3. Beets
4. Bell peppers
5. Carrots
6. Corn

7. Garlic
8. Mushrooms (button, oyster, Portobello, and shiitake)
9. Okra
10. Onions
11. Purple potatoes
12. Pumpkin
13. Sea vegetables (arame, dulse, and nori)
14. Snap peas
15. Squash (delicate, summer, and spaghetti squash varieties)
16. Sweet potatoes
17. Tomatoes
18. Zucchini

Flaxseed

- Brown or Golden

Nuts

1. Almonds
2. Brazil nuts
3. Cashews
4. Chia seeds
5. Hazlenuts
6. Hemp seeds
7. Macadamia nuts
8. Pecans
9. Pistachios
10. Pumpkin seeds
11. Sesame seeds
12. Sunflower seeds
13. Walnuts

Spices

1. Allspice
2. Barberries
3. Basil
4. Bay leaves
5. Cardamom
6. Chili powder
7. Cilantro
8. Cinnamon
9. Cloves
10. Coriander
11. Cumin
12. Curry powder
13. Dill
14. Fenugreek

15. Garlic
16. Ginger
17. Horseradish
18. Lemongrass
19. Marjoram
20. Mustard powder
21. Nutmeg
22. Oregano
23. Smoked paprika
24. Parsley
25. Pepper
26. Peppermint
27. Rosemary
28. Saffron
29. Sage
30. Thyme
31. Turmeric
32. Vanilla

Whole Grains

1. Barley
2. Brown rice
3. Buckwheat
4. Millet
5. Oats
6. Popcorn
7. Quinoa
8. Rye
9. Teff
10. Whole-wheat pasta
11. Wild rice

Beverages

1. Black tea
2. Chai tea
3. Vanilla chamomile tea
4. Coffee
5. Earl grey tea
6. Green tea
7. Hibiscus tea
8. Hot chocolate
9. Jasmine tea
10. Lemon balm tea
11. Matcha tea
12. Almond blossom oolong tea
13. Peppermint tea
14. Rooibos tea
15. Water
16. White tea