

Recommended

Produce Items and Foods

Vegetables and Leafy Greens

Arugula, Basil, Bok Choy, Broccoli, Brussel sprouts, Cabbage, Cauliflower, Celery, Chard, Cilantro, Collards, Dill, Garlic, Ginger, Green leaf lettuce, Iceberg lettuce, Kale, Leeks, Microgreens, Mushrooms, Okra, Onion, Parsley, Red leaf lettuce, Romaine lettuce, Shallots, Spinach, Sprouts, Turmeric

Starches and Tubers

Beets, Carrots, Celeriac, Corn, Daikon, Radish, Jicama, Kohlrabi, Lotus root, Parsnips, Plantain, Radish, Rutabaga, Sweet potatoes, Taro root, Turnips, White potatoes, Yams

Squashes

Acorn, Buttercup, Butternut, Cousa, Crookneck, Delicata, Dumpling, Hubbard, Kabocha, Pumpkin, Scallop, Spaghetti, Tatume, Zucchini

Non-Wheat, Gluten-Free Ancient Grains and Pseudocereals

Amaranth, Buckwheat, Chia seed, Kaniwa, Millet, Quinoa, Sorghum, Teff, Wild rice

Fruits

Apple, Apricot, Avocado, Banana, Blackberries, Black currant, Blueberries, Breadfruit, Cantaloupe, Carambola, Cherimoya, Cherries, Clementine, Cranberries, Custard apple, Dates, Durian, Elderberries, Feijoa, Figs, Gooseberries, Grapefruit, Grapes, Guava, Honeydew melon, Jackfruit, Java-plum, Jujube, Kiwi, Kumquat, Lemon, Lime, Longan, Loquat, Lychee, Mandarin, Mango, Mangosteen, Mulberries, Nectarine, Olives, Orange, Papaya, Passion fruit, Peaches, Pear, Persimmon, Pineapple, Pitanga, Plantain, Plum, Pomegranate, Prickly pear, Prune, Pummelo, Quince, Raspberries, Rhubarb, Rose-apple, Sapodilla, Mamey sapote, Soursop, Strawberries, Sugar-apple, Tamarind, Tangerine, Watermelon

Seaweeds

Arame, Bladderwrack, Dulse, Gim, Gracilaria, Irish moss, Kelp, Kombu, Nori, Porphyra, Sea lettuce, Wakame

Legumes

Adzuki beans, Alfalfa, Anasazi beans, Asparagus beans, Black beans, Chickpeas, Clover, Dwarf peas, English peas, Fava beans, Green beans, Kidney beans, Lentils, Lespedeza, Licorice, Mung beans, Navy beans, Peanuts, Peas, Pinto beans, Snow peas, Southern peas, Soy beans, Sugar snap peas, Wax beans, White beans

Nuts

Acorn, Almond, Black walnut, Brazil nut, Butternut, Candlenut, Cashew, Chestnuts, Coconut, Filbert, Hazelnut, Heartnut, Macadamia, Peanut, Pecan, Pili nut, Pine nut, Pistachio, Soy nuts, Tiger, Walnut

Seeds

Caraway, Chia, Flax, Hemp, Pomegranate, Poppy, Pumpkin, Sesame, Sunflower

Condiments

Bragg liquid aminos, Coconut aminos, Dried herbs, Dried spices, Guacamole, Himalayan sea salt, Hot sauce, Hummus, Ketchup, Kim chi, Maple syrup, Mustard, Nut butters, Salsa, Sauerkraut, Tamari

Oils

Almond, Avocado, Coconut, Flaxseed, Hemp seed, Macadamia nut, Olive , Pecan, Pine nut, Pistachio nut, Pumpkin seed, Walnut oil

Miscellaneous and Snacks

Apple cider vinegar, Balsamic vinegar, Cacao powder, Canned vegetables, Coconut sugar, Green powders, Kale chips, Lacuma powder, Maca powder, Non-dairy milk alternatives, Nutritional Yeast, Organic tofu, Tempeh, Vegan cheese substitute, Vegan meat substitute, Vegetable stock

