Strong Foods!

Proteins	Whole Grains	Vegetables	Fruit	Seeds	Flavoring
Meat, Fish & Poultry **Beef** Chicken **Pork** Seafood Turkey **Other** **Beans / Legume** Cheese Milk **Soybeans**	Amaranth **Barley** **Brown Rice** Buckwheat Bulgur Farro Freekek Kamut Millet Oats Popcorn **Quinoa** Rye Sorghum Spelt Whole Wheat Wild Rice	**Arugula** Asparagus Avocado Baked Beans **Broccoli** Brussel Sprouts Butternut Squash **Cabbage:** Green & Red **Chinese** **Carrots** Green Leaf Lettuce Green Peas **Greens:** Beet Collard Mustard Turnip Kale Leeks Okra Plantains **Potatoes (sweet & white)** Pumpkin **Radish** Red Bell Pepper **Romaine** **Spinach** Summer Squash Swiss Chard **Tomatoes** Watercress Winter Squash Yellow Snap Beans Zucchini	Apricots (canned, fresh) **Berries:** Blackberries Blueberries Raspberries Strawberries Cherries **Citrus:** Clementine Grapefruit (Red) **Lemon** **Lime** Orange Tangerine Guava Jackfruit Kiwi **Melons:** Cantaloupe Honeydew **Watermelon** Mango Papaya **Pineapple** Plantains		Mustard