



I DESERVE NOURISHMENT FOR MY BODY, MIND, & SOUL.

REFRIGERATOR

VEGETABLES, GREENS & NON-SWEET FRUITS:

Asparagus	Collards	Lemons	Sprouts
Avocado	Cucumber	Lettuce	Sunchokes
Bok Choy	Dandelion	Lime	Tat Soi
Broccoli	Eggplant	Mustard	Tomato
Burdock	Fennel	Peas	Zucchini
Cabbage	Ginger	Purslane	Red Apples
Cauliflower	Green Beans	Radish	Strawberries
Celery	Hot Pepper	Red Bell Peppers	Watermelon
Chard	Kale	Spinach	

SPROUTS & MICRO-GREENS:

Alfalfa	Clover	Micro Arugula	Mug bean
Broccoli	Daikon	Micro Beets	Sunflower
Chickpeas	Lentils	Micro Kale	Wheat grass

FRESH HERBS:

Basil	Herbs Sorrel	Parsley	Turmeric
Chervil	Kaffir lime leaf	Rosemary	
Cilantro	Marjoram	Tarragon	
Ginger	Oregano	Thyme	

FERMENTED FOODS:

Chickpea Miso
Sauerkraut

OIL & BUTTERS:

Almond Butter
Cashew Butter
Flax seed oil
Hemp seed oil
Pecan butter
Tahini butter

Walnut butter

SWEET FRUITS:

Bananas	Grapes	Pears	Watermelon
Blackberries	Green Apples	Plums	
Blueberries	Melon	Raspberries	
Cantaloupe	Orange	Red Apples	
Grapefruit	Peaches	Strawberries	