

OPTIONS FOR

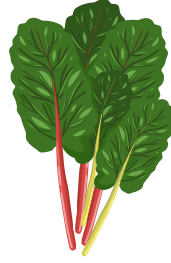
LEAFY GREENS



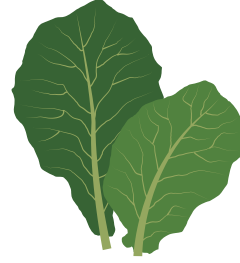
Green kale



Lacinato
kale



Chard



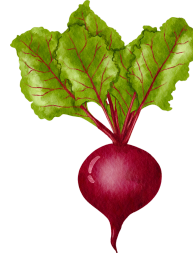
Collard
greens



Spinach



Watercress



Beet
greens



Collard
greens



Bok choy



Green
cabbage



Arugula



Leaf
lettuce

OPTIONS FOR

WHOLE GRAINS



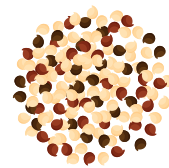
Brown rice



Wild rice



Black rice



Quinoa



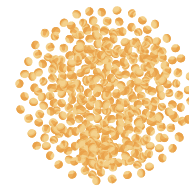
Millet



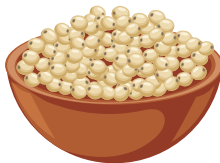
Rye berries



Spelt



Amaranth



Sorghum



Whole
wheat



Farro



Barley



Freekeh



Red rice



Bulgur



Corn

OPTIONS FOR

BEANS & LEGUMES



Black beans



Chickpeas



Green
lentils



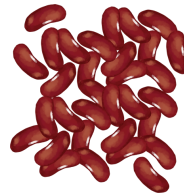
Red lentils



Black lentils



Peas



Kidney
beans



Mung beans



Edamame



Tofu



Navy beans



Pinto beans



Black eyed
peas



Split peas



Tempeh



Lima
beans