

PLANTS FIRST

nutrition

Count	Vegetables	Weekly Tally	Sensitivity?
1	Acorn Squash		
2	Arugula		
3	Asparagus		
4	Avocado		
5	Beet Greens		
6	Beetroot		
7	Bok Choy		
8	Broccoli		
9	Broccoli Sprouts		
10	Broccolini		
11	Brussels Sprouts		
12	Butternut Squash		
13	Carrot		
14	Cauliflower		
15	Celery		
16	Collard Greens		
17	Corn		
18	Cremini mushroom		
19	Cucumber		
20	Dandelion Greens		
21	Dulse Flakes		
22	Eggplant		
23	Endive		
24	Enoki Mushroom		
25	Fennel		
26	Golden Beet		
27	Green beans		
28	Green cabbage		

29	Green Chard		
30	Green kale		
31	Green leaf Lettuce		
32	Green Onion		
33	Icebrg Lettuce		
34	Jerusalem Artichoke		
35	King Oyster Mushroom		
36	Kolrabi		
37	Kombu		
38	Lacinato Kale		
39	Leek		
40	Nori		
41	Okra		
42	Orange Pepper		
43	Parsnip		
44	Portobello Mushroom		
45	Potatoes		
46	Pumpkin		
47	Purple Cabbage		
48	Radicchio		
49	Rainbow Chard		
50	Rapini		
51	Red Kale		
52	Red Leaf Lettuce		
53	Red Onion		
54	Red Pepper		
55	Rhubard		
56	Romaine		
57	Shallot		
58	Shiitake Mushroom		
59	Spinach		
60	Sweet Potato		
61	Swiss Chard		
62	Tomato		

63	Turnip		
64	Watercress		
65	White Onion		
66	Yams		
67	Yellow Pepper		
68	Zucchini		
69	Leek		
Count	Fruit	Weekly Tally	Sensitivity?
70	Ambrosia Apples		
71	Apricot		
72	Banana		
73	Blackberries		
74	Blood Orange		
75	Blueberries		
76	Boysenberries		
77	Cantaloupe		
78	Cherries		
79	Chinese Pear		
80	Dates		
81	Durian		
82	Figs		
83	Gala Apples		
84	Golden Delicious Apples		
85	Granny Smith Apples		
86	Grapefruit		
87	Greed Grapes		
88	Green Apples		
89	Guava		
90	Honeydew Melon		
91	Jackfruit		
92	Jaxx Apples		
93	Kiwi		
94	Macintosh Apples		
95	Mandarin		

96	Mango		
97	Navel Orange		
98	Nectarine		
99	Papaya		
100	Passionfruit		
101	Peach		
102	Pear		
103	Persimmon		
104	Pineapple		
105	Pink Lady Apples		
106	Pomegranate		
107	Purple Plum		
108	Raisins		
109	Raspberries		
110	Red Grapes		
111	Salmon Berries		
112	Strawberries		
113	Watermelon		
114	Yellow Plum		
Count	Nuts & Seeds	Weekly Tally	Sensitivity?
115	Almonds (or almond butter)		
116	Cashews		
117	Chia Seeds		
118	Flaxseeds		
119	Hazelnuts		
120	Hemp Seeds		
121	Macadamia Nuts		
122	Peanuts (or peanut butter)		
123	Pecans		
124	Pine nuts		
125	Poppy Seeds		
126	Pumpkin Seeds		
127	Sesame Seeds		
128	Sunflower Seeds		

129	Walnuts		
Count	Whole Grains	Weekly Tally	Sensitivity?
130	Amaranth		
131	Barley		
132	Brown Rice		
133	Buckwheat		
134	Bulgur Wheat		
135	Farro		
136	Millet		
137	Oats		
138	Black Rice		
139	Quinoa		
140	Rye		
141	Sorghum		
142	Spelt		
143	Teff		
144	Wild Rice		
Count	Beans & Legumes	Weekly Tally	Sensitivity?
145	Adzuki Bean		
146	Bean Sprouts		
147	Black Beans		
148	Black Eyes Peas		
149	Broad Beans		
150	Brown Lentils		
151	Cannellini Beans		
152	Chickpeas		
153	Edamame Beans		
154	Green Lentils		
155	Green Peas		
156	Green Split Peas		
157	Kidney Beans		
158	Lima Beans		
159	Mung Beans		
160	Navy Beans		

161	Pinto Beans		
162	Red Lentils		
163	Snap Peas		
164	Snow Peas		
165	Yellow Split Peas		
Count	Fresh Herbs	Weekly Tally	Sensitivity?
166	Basil		
167	Dill		
168	Chives		
169	Cilantro		
170	Garlic		
171	Ginger		
172	Mint		
173	Oregano		
174	Parsley		
175	Rosemary		
176	Sage		
177	Thyme		