

## Veggies

Most veggies need to be cooked before being served.

- Butternut Squash
- Kale
- Spinach
- Cauliflower
- Potatoes
- Sweet Potatoes
- Yams
- Carrots
- Smashed Peas
- Zucchini
- Peppers
- Eggplant
- Cucumber
- Parsnips
- Asparagus
- Broccoli
- Tomatoes
- Green Beans
- Garlic
- Beets
- Creamed Corn

## Fruits

Fruits that are not soft should be cooked until soft.

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Bananas      | <input type="checkbox"/> Apples      |
| <input type="checkbox"/> Pineapple    | <input type="checkbox"/> Pears       |
| <input type="checkbox"/> Dates        | <input type="checkbox"/> Cranberries |
| <input type="checkbox"/> Strawberries | <input type="checkbox"/> Papaya      |
| <input type="checkbox"/> Raspberries  | <input type="checkbox"/> Açai        |
| <input type="checkbox"/> Kiwis        | <input type="checkbox"/> Prunes      |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Peaches     |
| <input type="checkbox"/> Grapefruit   | <input type="checkbox"/> Apricots    |
| <input type="checkbox"/> Guava        | <input type="checkbox"/> Cantaloupe  |
| <input type="checkbox"/> Figs         | <input type="checkbox"/> Grapes      |
| <input type="checkbox"/> Blueberries  | <input type="checkbox"/> Plums       |
| <input type="checkbox"/> Watermelon   | <input type="checkbox"/> Cherries    |
| <input type="checkbox"/> Dragon Fruit | <input type="checkbox"/> Pumpkin     |
| <input type="checkbox"/> Mangos       | <input type="checkbox"/> Oranges     |

## Herbs/Spices

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> Basil    | <input type="checkbox"/> Ginger   |
| <input type="checkbox"/> Mint     | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Rosemary | <input type="checkbox"/> Nutmeg   |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Cardamom |
| <input type="checkbox"/> Cinnamon |                                   |

## Protein

Meats should be served stewed, braised, ground, or puréed.

- Beans (e.g. Black Beans, Navy Beans, Kidney Beans, Pinto Beans, Garbanzo Beans)
- Eggs
- Lentils
- Meat (e.g. Chicken, Turkey, Beef, Lamb, Pork)
- Fish (e.g. Salmon, Tilapia, Cod, Sole, Scallops)
- Cottage Cheese (No sodium added)
- Cheese (e.g. Ricotta, Fresh Mozzarella, Mascarpone)
- Regular Yogurt
- Greek Yogurt
- Tofu

## Grains

- Oatmeal
- Quinoa
- Barley
- Rice
- Soft Pasta
- Whole Wheat
- Pancake
- Soft Wheat Bread

## Fats

- Avocado
- Olive Oil
- Coconut Butter
- Ground Nuts
- Ground Seeds (e.g. Chia Seeds, Hemp Seeds, Flax Seeds)
- Almond Butter
- Peanut Butter
- Sunflower Butter

