

Sunday	Monday	Tuesday	Wednesday	Thursday
VEGETABLES				
CABBAGE	SPINACH	BROCCOLI	BRUSSEL SPROUTS	PORTABELLAS
BAMBOO SHOOTS	YELLOW PEPPER	CORN	YELLOW SQUASH	GREEN BEANS
ORANGE PEPPER	TOMATO	RED PEPPER	CARROTS	CAULIFLOWER
YELLOW ONION				
FRUITS				
CRENSHAW	STREAWBERRIES	MANGO	DATES	ORANGE
RASPBERRIES	BLUEBERRIES	KIWI	PLUMS	PINAPPLE
CASABA	BANANA	RED APPLE	CRANBERRIES	RAISINS
GRAINS				
7 GRAIN BREAN	BROWN RICE	QUINOA	OAT GROATS	MILLET
7 GRAIN CEREAL	AMARANTH	BUCK WHEAT	ROLLED OATS	WHOLE WHEAT
LEGUMES				
ADZUKI	BLACK BEAN	KIDNEY BEANS	LIMA BEANS	NAVY BEANS
SOY BEANS	GARBANZO BEANS	CHILI BEANS	GRT NORTHERN BEANS	RED BEANS
NUTS				
HAZELNUTS	CASHEWS	PECANS	MACADAMIA	PISTACHIOS
HICORY	BRAZIL NUTS	HAZELNUTS	PINE NUTS	BUTTERNUT

Friday	Saturday
ASPARAGUS	KALE
PLANTAIN	YELLOW PEPPER
YAMS	RED ONION
RED GRAPES	WATERMELON
APRICOT	HONEYDEW MELON
PEACHES	CANTELOUPE
BARLEY	KAMUT
SPELT	BULGAR
BLACK EYED PEAS	FAVA BEAN
MUNG BEANS	LENTILS
WALNUTS	ALMONDS
BLACK WALNUTS	CHESTNUTS

SEEDS				
SUNFLOWER SEEDS	ACHIA	CHIA	FLAX SEEDS	POPPY SEEDS

PUMPKIN SEEDS	SESAME SEEDS