Everyday fruits

- [ ] Bananas
- [ ] Apples
- [ ] Oranges
- [ ] Lemons
- [ ] Limes
- [ ] Avocados
- [ ] Grapes
- [ ] Pears

Berries

- [ ] Strawberries
- [ ] Blueberries
- [ ] Raspberries
- [ ] Blackberries

Everyday vegetables

- [ ] Bell peppers
- [ ] Cucumbers
- [ ] Tomatoes
- [ ] Zucchini
- [ ] Celery

Root vegetables

- [ ] Carrots
- [ ] Sweet potatoes
- [ ] Potatoes
- [ ] Beets

Cruciferous veg

- [ ] Broccoli
- [ ] Cauliflower
- [ ] Cabbage
- [ ] Brussels sprouts

Leafy greens

- [ ] Spinach
- [ ] Kale
- [ ] Romaine
- [ ] Spring mix
- [ ] Arugula

Herbs and aromatics

- [ ] Onions
- [ ] Garlic
- [ ] Cilantro
- [ ] Parsley
- [ ] Ginger

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