

's Foodie

Veggies & Fruits

everyday

RADICCHIO
ENDIVE
ARTICHOKE
WHEAT GRASS
BUTTERNUT SQUASH

3x week

DANDELION
COLLARD
MUSTARD

2x week

CACTUS
CILANTRO

1x week

CARROT
SNAP PEAS
PAPAYA



1x 2weeks

BOKCHOY
ZUCCHINI
CUCUMBER
BELL PEPPER
PUMPKIN

1x month

OKRA
ASPARAGUS
BLUEBERRIES
STRAWBERRIES

1 blue moon

KALE
ROMAINE LETTUCE
BANANA