

Confident Foods!

Proteins	Whole Grains	Vegetables	Fruit	Seeds	Flavoring
<p><u>Meat, Fish & Poultry</u> Beef Catfish Chicken Haddock Halibut Mackerel Pollock Salmon Tilapia Tuna Turkey</p> <p><u>Other</u> Black Beans Great Northern Beans Kidney Beans Lentils Lima Beans Milk Navy Beans Sesame Butter Soy / Soybeans Sunflower Butter Tofu White Beans Yogurt</p>	Amaranth Barley Brown Rice Buckwheat Bulgur Farro Freekeh Kamut Millet Oats Popcorn Quinoa Rye Sorghum Spelt Whole Wheat Wild Rice	Arugula Asparagus Avocado Baked Beans Broccoli Brussel Sprouts Butternut Squash Cabbage: Green & Red Chinese Carrots Green Leaf Lettuce Greens: Beet Collard Mustard Turnip Mushrooms: Oyster Portabella White Okra Plantains Potatoes (sweet & white) Pumpkin Radish Red Bell Pepper Romaine Spinach Summer Squash Swiss Chard Tomatoes Watercress Winter Squash Yellow Snap Beans Zucchini	Apricots Berries: Blackberries Blueberries Raspberries Strawberries Cherries Citrus: Clementine Grapefruit Lemon Lime Orange Tangerine Guava Kiwi Melons: Cantaloupe Honeydew Watermelon Mango Papaya Pineapple	Chia Flax Hemp Pumpkin Sesame Sunflower	