

	Stool 2 ( <a href="#">thryve</a> )	Stool 3a ( <a href="#">thryve</a> )	Stool 3b ( <a href="#">thryve</a> )	Stool 4 ( <a href="#">thryve</a> )	Stool 5 ( <a href="#">Ombre</a> )
Top 5 Vegetables	<ul style="list-style-type: none"> <li>Chicory</li> <li>Artichoke</li> <li><a href="#">Asparagus</a></li> <li>Celery</li> <li>Wild garlic</li> </ul>	<ul style="list-style-type: none"> <li>Jerusalem Artichoke</li> <li>Chicory</li> <li><a href="#">Asparagus</a></li> <li>Sweet potato</li> <li>Brussels sprouts</li> </ul>	<ul style="list-style-type: none"> <li>Jerusalem Artichoke</li> <li>Chicory</li> <li><a href="#">Asparagus</a></li> <li>Sweet potato</li> <li>Brussels sprouts</li> </ul>	<ul style="list-style-type: none"> <li>Jerusalem Artichoke</li> <li>Chicory</li> <li><a href="#">Asparagus</a></li> <li>Sweet potato</li> <li>Brussels sprouts</li> </ul>	<ul style="list-style-type: none"> <li>Jerusalem Artichoke</li> <li>Chicory</li> <li><a href="#">Asparagus</a></li> <li>Sweet potato</li> <li>Brussels sprouts</li> </ul>
Top 5 Fruits & Berries	<ul style="list-style-type: none"> <li>Avocado</li> <li>Kiwi fruit</li> <li>Plantain</li> <li>Apricot</li> <li><a href="#">Asian Pear</a></li> </ul>	<ul style="list-style-type: none"> <li>Kiwi fruit</li> <li>Apricot</li> <li><a href="#">Asian Pear</a></li> <li>Bread fruit</li> <li><a href="#">Cranberry</a></li> </ul>	<ul style="list-style-type: none"> <li>Kiwi fruit</li> <li>Apricot</li> <li><a href="#">Asian Pear</a></li> <li>Bread fruit</li> <li><a href="#">Cranberry</a></li> </ul>	<ul style="list-style-type: none"> <li>Apricot</li> <li><a href="#">Asian Pear</a></li> <li>Bread fruit</li> <li><a href="#">Cranberry</a></li> <li>Dragon fruit</li> </ul>	<ul style="list-style-type: none"> <li>Kiwi fruit</li> <li>Sour cherries</li> <li>Apricot</li> <li><a href="#">Asian Pear</a></li> <li>Avocado</li> </ul>
Top X Legumes	<ul style="list-style-type: none"> <li>Soybeans</li> <li><a href="#">Green lentil</a></li> </ul>	<ul style="list-style-type: none"> <li>Soybeans</li> <li>Chickpea</li> <li>White beans</li> <li><a href="#">Edamame</a></li> <li>Garbanzo beans</li> </ul>	<ul style="list-style-type: none"> <li>Soybeans</li> <li>Chickpea</li> <li>White beans</li> <li><a href="#">Edamame</a></li> <li>Garbanzo beans</li> </ul>	<ul style="list-style-type: none"> <li>Soybeans</li> <li>White beans</li> <li>Lima beans</li> <li>Navy beans</li> <li>Black-eyed peas</li> </ul>	<ul style="list-style-type: none"> <li>Soybeans</li> <li>White beans</li> <li>Lima beans</li> <li>Navy beans</li> <li>Chickpea</li> </ul>
Top X Nuts & Seeds	<ul style="list-style-type: none"> <li><a href="#">Almond</a></li> <li>Pistachio</li> <li>Black sesame seeds</li> <li>Sunflower seed</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Almond</a></li> <li>Black sesame seeds</li> <li>Sunflower seed</li> <li>Walnut</li> <li>Hazelnut</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Almond</a></li> <li>Black sesame seeds</li> <li>Sunflower seed</li> <li>Walnut</li> <li>Hazelnut</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Almond</a></li> <li>Black sesame seeds</li> <li>Sunflower seed</li> <li>Pistachio</li> <li>Sesame seeds</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Almond</a></li> <li>Black sesame seeds</li> <li>Sunflower seed</li> <li>Walnut</li> <li>Hazelnut</li> </ul>
Top X Poultry	[not listed]	[not listed]	[not listed]	<ul style="list-style-type: none"> <li>Turkey</li> <li>Quail</li> </ul>	<ul style="list-style-type: none"> <li>Turkey</li> <li>Quail</li> </ul>
Top X Fish & Shellfish	<ul style="list-style-type: none"> <li>Anchovies</li> <li>Oyster</li> </ul>	<ul style="list-style-type: none"> <li>Anchovies</li> <li>Oyster</li> <li>Sea bass</li> </ul>	<ul style="list-style-type: none"> <li>Anchovies</li> <li>Oyster</li> <li>Sea bass</li> </ul>	<ul style="list-style-type: none"> <li>Anchovies</li> <li>Oyster</li> <li>Sea bass</li> </ul>	<ul style="list-style-type: none"> <li>Anchovies</li> <li>Oyster</li> <li>Sea bass</li> </ul>
Top X Grains	<ul style="list-style-type: none"> <li>Buckwheat</li> <li>Bran</li> <li><a href="#">Wheatgerm</a></li> </ul>	<ul style="list-style-type: none"> <li>Buckwheat</li> <li>Bran</li> <li>Teff</li> <li>Triticale</li> <li><a href="#">Wheatgerm</a></li> </ul>	<ul style="list-style-type: none"> <li>Buckwheat</li> <li>Bran</li> <li>Teff</li> <li>Triticale</li> <li><a href="#">Wheatgerm</a></li> </ul>	<ul style="list-style-type: none"> <li>Buckwheat</li> <li>Bran</li> <li>Teff</li> <li>Triticale</li> <li><a href="#">Wheatgerm</a></li> </ul>	<ul style="list-style-type: none"> <li>Buckwheat</li> <li>Bran</li> <li>Teff</li> <li>Triticale</li> <li><a href="#">Wheatgerm</a></li> </ul>
Top X Herbs & Spices	<ul style="list-style-type: none"> <li>Chives</li> <li>Dandelion</li> </ul>	<ul style="list-style-type: none"> <li>Chives</li> <li><a href="#">Cinnamon</a></li> <li>Dandelion</li> <li>Fennel seeds</li> <li>Sichuan pepper</li> </ul>	<ul style="list-style-type: none"> <li>Chives</li> <li><a href="#">Cinnamon</a></li> <li>Dandelion</li> <li>Fennel seeds</li> <li>Sichuan pepper</li> </ul>	<ul style="list-style-type: none"> <li>Chives</li> <li>Dandelion</li> <li>Fennel seeds</li> <li>Sichuan pepper</li> <li>Allspice</li> </ul>	<ul style="list-style-type: none"> <li>Chives</li> <li>Dandelion</li> <li>Sichuan pepper</li> <li><a href="#">Basil</a></li> <li>Cilantro</li> </ul>
Top 4 Oil & Fats	<ul style="list-style-type: none"> <li>Soybean oil</li> <li>Sunflower oil</li> <li>Ghee</li> <li>Hazelnut oil</li> <li>Sesame oil</li> </ul>	<ul style="list-style-type: none"> <li>Soybean oil</li> <li>Sunflower oil</li> <li>Ghee</li> <li>Hazelnut oil</li> <li>Sesame oil</li> </ul>	<ul style="list-style-type: none"> <li>Soybean oil</li> <li>Sunflower oil</li> <li>Ghee</li> <li>Hazelnut oil</li> <li>Sesame oil</li> </ul>	<ul style="list-style-type: none"> <li>Soybean oil</li> <li>Sunflower oil</li> <li>Sesame oil</li> <li>Ghee</li> <li>Hazelnut oil</li> </ul>	<ul style="list-style-type: none"> <li>Soybean oil</li> <li>Sunflower oil</li> <li>Ghee</li> <li>Hazelnut oil</li> <li>Sesame oil</li> </ul>
Top X Alcohol	[not listed]	<ul style="list-style-type: none"> <li>Red wine</li> <li>Sparkling wine</li> <li><a href="#">Tequila</a></li> <li>White wine</li> <li>Wine</li> </ul>	<ul style="list-style-type: none"> <li>Red wine</li> <li>Sparkling wine</li> <li><a href="#">Tequila</a></li> <li>White wine</li> <li>Wine</li> </ul>	<ul style="list-style-type: none"> <li>Red wine</li> <li>Sparkling wine</li> <li>White wine</li> <li>Wine</li> <li>Rose wine</li> </ul>	<ul style="list-style-type: none"> <li>Red wine</li> <li>Sparkling wine</li> <li><a href="#">Tequila</a></li> <li>White wine</li> <li>Wine</li> </ul>
Top X Beverages	[no beverages]	<ul style="list-style-type: none"> <li><a href="#">Green tea</a></li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Green tea</a></li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Green tea</a></li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Green tea</a></li> </ul>
Top 3 Desserts	<ul style="list-style-type: none"> <li>Dark chocolate</li> <li><a href="#">White chocolate</a></li> </ul>	<ul style="list-style-type: none"> <li><a href="#">White chocolate</a></li> </ul>	<ul style="list-style-type: none"> <li><a href="#">White chocolate</a></li> <li>Chocolate</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">White chocolate</a></li> </ul>	<ul style="list-style-type: none"> <li>Dark chocolate</li> <li><a href="#">White chocolate</a></li> </ul>

	<ul style="list-style-type: none"> <li>Chocolate</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate</li> <li>Dark chocolate</li> </ul>	<ul style="list-style-type: none"> <li>Dark chocolate</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate</li> <li>Dark chocolate</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate</li> </ul>
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I drink **almond milk** and **green tea** everyday, and I prefer **wheat bread**. I drink **cranberry juice** on a fairly regular basis.

I most commonly eat **bananas** and **raspberries**. I most commonly eat **salmon**. Those were not listed for any of my samples.

To be fair, I don't know what is the baseline preference for most people, and whether I am similar or different to that.

While perhaps not as strong as a preference, I also used **green font** is there was something that I tended to eat or prefer.

I am somewhat more inclined to try new foods over removing foods that already work for me. For the most part, I don't think I will place too much emphasis on these recommendations. I might try some alternative oils to olive oil (if a similar price), but I would say that olive oil is current a good part of my diet.