

## **Fruits**

Bananas (all year)  
Oranges (Jan - May)  
Strawberries (Mar - Aug)  
Red and Purple Grapes (Jun - Nov)  
Apples (Jul - Oct)  
Pineapple (Mar - Nov)  
Watermelon (Jun - Sep)  
Peaches

## **Berries**

Avocado (Mar - Sep)  
Blue Berries (May - Aug)  
Black Berries (May - Aug)  
Cranberries (Sep - Dec)

## **Legumes**

Green Peas (Jul - Sep)  
Lentils  
Chickpeas Beans

## **Leafy Greens**

Kale (Jan - Feb)  
Brussel Sprouts (Jan - May)  
Swiss Chard (Jan - Oct)  
Spinach (Sep - Nov)

## **Vegetables**

Broccoli (Jan - May)  
Asparagus (Feb - Jun)  
Tomato (Jun - Nov)  
Garlic  
Ginger  
Tofu

## **Nuts**

Walnuts  
Almonds  
Seeds

## **Goodies**

Green Tea  
Dark Chocolate (>60% cocoa)  
Coffee  
Fish