



# 50 Whole Foods to Have in Your Home

- Apples
- Bananas
- Melons
- Berries
- Peppers
- Cucumbers
- Tomatoes
- Lemon
- Lime
- Grapefruit
- Oranges
- Avocado
- Coconut
- Olives
- Broccoli
- Cauliflower
- Squash
- Carrots
- Potatoes
- Beets
- Artichokes
- Asparagus
- Mushrooms
- Celery
- Spinach
- Kale
- Collards
- Arugula
- Romaine Lettuce
- Herbs
- Turnip Greens
- Oats
- Quinoa
- Rice (all kinds)
- Amaranth
- Buckwheat
- Teff
- Black Beans
- Lima Beans
- Edamame, Tofu, or Tempeh
- Lentils
- Chickpeas
- Green Peas
- Peanuts or Peanut Butter
- Almonds
- Cashews
- Pecans
- Brazil nuts
- Macadamia nuts
- Pumpkin Seeds
- Flax, Chia, Hemp Seeds
- Sunflower Seeds
- Walnuts