# Organic List

* Milk (consider Almond Breeze)
* Yogurt
* Butter
* Cheese
* Meat (not seafood)
* Eggs

# Vegetables

* Bell peppers
* Celery
* Lettuce
* Potatoes
* Tomatoes
* Bok choy
* Spinach
* Kale/ Collard Greens
* Summer Squash
* Nectarines
* Hot peppers
* Corn

# Fruit

* Oranges
* Peaches
* Apples
* Raspberries
* Pears
* Apricots
* Grapes
* Figs

# Seeds, Nuts, Legumes, Coffee

* Almonds
* Peanuts (peanut butter)
* Legumes
* Soy Foods
* Pecans
* Lentils

**All grains including rice, pastas, flours.**

# Non-organic List

# Vegetables

* Eggplant
* Asparagus
* Avocado
* Broccoli
* Cabbage
* Onions
* Brussels Sprouts
* Cauliflower
* Cabbage

## Fruit

(Unless you plan to use the peel, these fruits are okay as non-organic).

* Pineapple
* Bananas
* Coconut
* Mango
* Papaya
* Kiwi
* Grapefruit
* Lemons / limes
* Watermelon

# Legumes

* Dried beans are generally okay.
* Cashews
* Macadamia nuts
* Sesame Seeds

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