

**CRUCIFEROUS**

1/2 cup chopped  
1/4 cup sprouts

**VEGETABLE**

1 cup raw + leafy  
1/2 cup raw/cooked  
chopped

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1/2 cup raw/cooked  
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**FLAX**

1 TBS

**GREENS**

1 cup raw  
1/2 cup cooked

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1 cup raw  
1/2 cup cooked

**BERRIES**

1/2 cup fresh/frozen

**NUTS**

1/4 cup

**BEAN  
LEGUME**

1/4 cup spread  
1/2 cup cooked  
1 cup fresh/sprouted

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1/2 cup cooked  
1 cup fresh/sprouted

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LEGUME**

1/4 cup spread  
1/2 cup cooked  
1 cup fresh/sprouted

**WHOLE GRAIN**

1/2 cup cooked  
1 tortilla/breadslice  
1/2 bagel/English muffin  
3 cups popcorn

**FRUIT**

1 medium sized  
1 cup cut up

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1 medium sized  
1 cup cut up

**WHOLE GRAIN**

1/2 cup cooked  
1 tortilla/breadslice  
1/2 bagel/English muffin  
3 cups popcorn

**OATMEAL**

**GREEN  
SMOOTHIE**

**GODDESS  
BOWL**

**WHOLE GRAIN**

1/2 cup cooked  
1 tortilla/breadslice  
1/2 bagel/English muffin  
3 cups popcorn