

Vegetables	Tomatos
(edible raw)	Cucumber
	Zucchini
	Bell peppers
	Egg plants
	Kohlrabies
	Broccoli
	Cauliflower
	Radishes
	Brussel sprouts
Vegetables	Beetroot
(preparation needed)	Sweetpotato
	Potato
	Green beans
Others	Mushrooms
	Sunflower seeds
	Pumpkin seeds
	Whole grain bread
	Grass-fed butter