

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