

## Veggies and Fruits

### Fruits: (frozen or fresh)

- Strawberries
- Bananas
- Blueberries
- Raspberries
- Oranges
- Kiwis
- Apples

### Veggies: (frozen or fresh/organic)

- Asparagus
- Corn
- Avocado
- Red Onion
- Bell Peppers (green, red and yellow)
- Sugar Snap Peas
- Green Beans
- Green Peas
- Zucchini
- Spaghetti Squash
- Spinach
- Broccoli
- Cucumber
- Cauliflower
- Brussel Sprouts
- Mushrooms
- Bok Choy