

# \_\_\_\_\_ 'S FIRST FOODS

## Fruits

Apple	Peach
Avocado	Pear
Banana	Plum
Blueberries	Pumpkin
Cantaloupe	Raspberries
Kiwi	Strawberries
Mango	Watermelon
Nectarine	

## Vegetables

Asparagus	Peas
Beets	Peppers
Brussel Sprouts	Spinach
Carrots	Squash
Cauliflower	Sweet potato
Cucumber	Yellow Potato
Green Beans	Zucchini
Kale	

## Protein

Black Beans  
Chicken  
Chickpeas  
Ground Beef  
Lentils  
Salmon  
Tofu  
Turkey  
White Beans

## Grains

Barley  
Bread  
Farro  
Oatmeal  
Pasta  
Quinoa  
Rice

## Seasoning & more

Basil	Lime
Broth	Mint
Butter	Paprika
Cinnamon	Pepper
Cumin	Rosemary
Garlic	Tumeric
Ginger	
Lemon	

## ALLERGENS

Cheese (Dairy)  
Eggs  
Fish  
Peanuts  
Shellfish  
Soy  
Tree nuts  
Wheat  
Yogurt (Dairy)

