

# 96 FOODS TO EAT EACH MONTH IN 2020

MONTH.....

- Bone Broth
- Salmon
- Eggs
- Avocado
- Coconut
- Mushrooms
- Probiotics
- Miso
- Blueberries
- Sprouted black rice
- Black Sesame Seeds
- Purple Potato
- Seaweed
- Ginger
- Matcha Green Tea
- Almonds
- Walnuts
- Dark Cherries
- Purple Carrots
- Broccoli Sprouts
- Beetroot
- Asparagus
- Apples
- Sweet Potato
- Oats
- Spinach
- Oranges
- Brussels sprouts
- Pain Yoghurt
- Banana
- Strawberries
- Garlic
- Onion
- Tomato
- Kale
- Cucumber
- Lemons
- Kidney Beans
- Lentils
- Extra Virgin Olive Oil
- Orange Carrots
- Soya Milk
- Chickpeas
- Kiwi Fruit
- Pumpkin Seeds
- Celery
- Pineapple
- Barley

- Bell Peppers
- Quinoa
- Blackbeans
- Cauliflower
- Peppermint
- Corriander
- Olives
- Beef
- Chicken
- Lamb
- Turkey
- Figs
- Pumpkin
- Melon
- Prunes
- Chillies
- Rhubarb
- Pomegranite
- Redcurrants
- Sardines
- Mackerell
- Green beans
- Leeks
- Chives

- Paprika
- Cress
- Apricots
- Cod
- Basil
- Peas
- Tangerines
- Chia seeds
- Radishes
- Alfalfa sprouts
- Sweetcorn
- Raspberries
- Broccoli
- Courgette
- Peanuts
- Limes
- Cashew Nuts
- Kimchi
- Kefir
- Peacans
- Pistachios
- Okra
- Mango
- Artichoke

