

NutriAdmin

Plant Types Checklist

Vegetables	Fruits
<ul style="list-style-type: none"> <input type="checkbox"/> Avocado <input type="checkbox"/> Asparagus <input type="checkbox"/> Artichoke <input type="checkbox"/> Arugula/ Rocket <input type="checkbox"/> Beetroot <input type="checkbox"/> Bok Choy <input type="checkbox"/> Broccoli <input type="checkbox"/> Broccolini <input type="checkbox"/> Brussel Sprouts <input type="checkbox"/> Cabbage <input type="checkbox"/> Carrot <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Cucumber <input type="checkbox"/> Eggplant/ Aubergine <input type="checkbox"/> Onion <input type="checkbox"/> Garlic <input type="checkbox"/> Fennel <input type="checkbox"/> Green Beans <input type="checkbox"/> Kale <input type="checkbox"/> Lettuce (Iceberg, Romaine, etc.) <input type="checkbox"/> Mushroom <input type="checkbox"/> Parsnip <input type="checkbox"/> Potato <input type="checkbox"/> Squash <input type="checkbox"/> Spinach <input type="checkbox"/> Tomato <input type="checkbox"/> Zucchini <input type="checkbox"/> Sweet Potato <input type="checkbox"/> Swiss Chard <input type="checkbox"/> Peppers <input type="checkbox"/> Radish <input type="checkbox"/> Sprouted beans and seeds (alfalfa, broccoli, mung beans, soy, etc.) 	<ul style="list-style-type: none"> <input type="checkbox"/> Apple <input type="checkbox"/> Apricot <input type="checkbox"/> Banana <input type="checkbox"/> Blackberries <input type="checkbox"/> Blueberries <input type="checkbox"/> Strawberries <input type="checkbox"/> Raspberries <input type="checkbox"/> Cherries <input type="checkbox"/> Dates <input type="checkbox"/> Fig <input type="checkbox"/> Grapefruit <input type="checkbox"/> Grapes <input type="checkbox"/> Guava <input type="checkbox"/> Kiwi <input type="checkbox"/> Raisins <input type="checkbox"/> Prunes <input type="checkbox"/> Pineapple <input type="checkbox"/> Plum <input type="checkbox"/> Pomegranate <input type="checkbox"/> Passionfruit <input type="checkbox"/> Peach <input type="checkbox"/> Pear <input type="checkbox"/> Watermelon <input type="checkbox"/> Orange <input type="checkbox"/> Cherries <input type="checkbox"/> Lemon <input type="checkbox"/> Melon <input type="checkbox"/> Jackfruit
Whole Grains	Nuts and Seeds
<ul style="list-style-type: none"> <input type="checkbox"/> Brown Rice <input type="checkbox"/> Quinoa <input type="checkbox"/> Barley <input type="checkbox"/> Wild Rice <input type="checkbox"/> Rye <input type="checkbox"/> Millet <input type="checkbox"/> Corn <input type="checkbox"/> Oats <input type="checkbox"/> Whole grain bread <input type="checkbox"/> Whole grain crackers <input type="checkbox"/> Buckwheat 	<ul style="list-style-type: none"> <input type="checkbox"/> Peanut <input type="checkbox"/> Almond <input type="checkbox"/> Walnut <input type="checkbox"/> Hazelnut <input type="checkbox"/> Cashews <input type="checkbox"/> Pistachios <input type="checkbox"/> Brazil nuts <input type="checkbox"/> Pine nuts <input type="checkbox"/> Nut butters <input type="checkbox"/> Sunflower seeds <input type="checkbox"/> Pumpkin seeds <input type="checkbox"/> Hemp seeds <input type="checkbox"/> Poppy seeds <input type="checkbox"/> Chia seeds <input type="checkbox"/> Flaxseeds <input type="checkbox"/> Sesame seeds <input type="checkbox"/> Tahini
Legumes	Herbs and Spices
<ul style="list-style-type: none"> <input type="checkbox"/> Black beans <input type="checkbox"/> Kidney Beans <input type="checkbox"/> Cannellini Beans <input type="checkbox"/> Navy beans <input type="checkbox"/> Black-eyed beans <input type="checkbox"/> Chickpeas <input type="checkbox"/> Lentils <input type="checkbox"/> Adzuki beans <input type="checkbox"/> Peas <input type="checkbox"/> Mung beans <input type="checkbox"/> Soy 	<ul style="list-style-type: none"> <input type="checkbox"/> Rosemary <input type="checkbox"/> Parsley <input type="checkbox"/> Green Onion <input type="checkbox"/> Chives <input type="checkbox"/> Leeks <input type="checkbox"/> Tarragon <input type="checkbox"/> Basil <input type="checkbox"/> Oregano <input type="checkbox"/> Dill <input type="checkbox"/> Mint <input type="checkbox"/> Thyme <input type="checkbox"/> Ginger <input type="checkbox"/> Cumin <input type="checkbox"/> Cinnamon <input type="checkbox"/> Turmeric <input type="checkbox"/> Paprika <input type="checkbox"/> Cilantro <input type="checkbox"/> Pepper <input type="checkbox"/> Mustard seeds