

				Spinach			
				Broccoli			
				Artichokes			
				Brussels sprout			
				Cabbage			
				Cauliflower			
				Carrots			
				Cucumbers			
				Lemons			
				Limes			
				Seaweed			
				Asparagus			
				Kale			
				Radish			
				Collard greens			
				Onion			
				Nitrogen			
				Beef			
				Pork			
				Chicken			

