

Fruits, Veggies and Proteins You'll Find At Sprouts or Albertsons

By Tu'uwata (thatmeanstruth.com)

Vegetables (12)

1. **Nopales (Cactus Pads)** – Rich in fiber and antioxidants; traditional in Southwestern cuisine.
2. **Chayote Squash** – A versatile, alkaline-friendly vegetable.
3. **Amaranth Greens (Quelites)** – Nutrient-dense leafy greens.
4. **Purslane (Verdolagas)** – High in omega-3s; often found in Mexican dishes.
5. **Swiss Chard** – Alkaline-forming and rich in vitamins.
6. **Dandelion Greens** – Detoxifying and mineral-rich.
7. **Mustard Greens** – Spicy greens that support digestion.
8. **Collard Greens** – Calcium-rich and supportive of bone health.
9. **Turnip Greens** – High in antioxidants and fiber.
10. **Beet Greens** – Nutrient-packed and great for smoothies.
11. **Zucchini** – Versatile and alkaline-friendly.
12. **Yellow Squash** – Light and easy to digest. [Real Simple](#)

Fruits (12)

1. **Prickly Pear (Tunas)** – Native fruit with antioxidant properties.
2. **Figs** – Alkaline and rich in fiber.
3. **Dates** – Natural sweetener and energy booster.
4. **Papaya** – Digestive aid with enzymes.
5. **Mango** – High in vitamins A and C.
6. **Guava** – Rich in vitamin C and fiber.
7. **Pomegranate** – Antioxidant-rich and heart-healthy.
8. **Cactus Fruit (Saguaro or Organ Pipe)** – Traditional desert fruit.
9. **Melons (Cantaloupe, Honeydew)** – Hydrating and alkaline-forming.
10. **Berries (Blueberries, Raspberries)** – Low in sugar and high in antioxidants.
11. **Apples** – Fiber-rich and support detoxification.
12. **Pears** – Gentle on digestion and hydrating.

Grains (6)

1. **Amaranth** – Ancient grain high in protein.
2. **Quinoa** – Complete protein and versatile.
3. **Wild Rice** – Technically a grass; rich in minerals.
4. **Teff** – Iron-rich and supports energy levels.
5. **Millet** – Alkaline-forming and easy to digest.
6. **Spelt** – Ancient grain with a nutty flavor. [Vogue](#)

Plant-Based Proteins (12)

1. **Tepary Beans** – Drought-resistant bean native to the Southwest.
2. **Black Beans** – Fiber-rich and versatile.
3. **Lentils** – Quick-cooking and protein-packed.
4. **Chickpeas (Garbanzo Beans)** – Great for hummus and stews.
5. **Pumpkin Seeds (Pepitas)** – High in zinc and magnesium.
6. **Sunflower Seeds** – Rich in healthy fats and protein.
7. **Hemp Seeds** – Complete protein with omega-3s.
8. **Chia Seeds** – Fiber-rich and hydrating.
9. **Almonds** – Alkaline-forming and nutrient-dense.
10. **Walnuts** – Support brain health with omega-3s.
11. **Pine Nuts** – Traditional in Native American diets.
12. **Pea Protein** – Isolated protein for smoothies.

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