LIST OF DAILY DOZEN

- 1. Beans
- 2. Berries
- 3. Other Fruits
- 4. Cruciferous Vegetables
- 5. Greens
- 6. Other Vegetables
- 7. Flaxseeds
- 8. Nuts and Seeds
- 9. Herbs and Spices
- 10, Whole Grains
- 11. Beverages
- 12 Exercise