



<b>Crunchy</b>	<ul style="list-style-type: none"><li>• apples</li><li>• frozen grapes</li><li>• rice cakes</li><li>• carrots</li><li>• crunchy crudités of veggies and dip (hummus, tabouli, vinaigrette, favorite dressing)</li><li>• celery and peanut butter (use non-hydrogenated peanut butter)</li><li>• nuts</li></ul>
<b>Sweet</b>	<ul style="list-style-type: none"><li>• wheatgrass</li><li>• fresh, whole fruit</li><li>• plain organic yogurt and ripe fruit</li><li>• apples and almond butter</li><li>• dried fruit – sparingly</li><li>• use leftover grains to make sweet porridge: drizzle maple syrup and sprinkle cinnamon, add soymilk and bananas, etc.</li><li>• smoothies: mix whatever you have in the kitchen – fruit, ice, water, clean protein, greens, etc.</li><li>• fruit “ice cream”: peel a banana, freeze, blend in a food processor sprinkle with nuts, berries</li><li>• freshly squeezed fruit juices: Make your own and try different combos.</li><li>• sweet vegetables: yams, sweet potatoes, squashes (acorn, butternut, kabocha) cut into chunks or fries; sprinkle with cinnamon and bake.</li><li>• dates stuffed with almond butter or other nut butter</li></ul>
<b>Salty</b>	<ul style="list-style-type: none"><li>• olives</li><li>• pickles and pickled vegetables, such as carrot, daikon, beets and lotus root</li><li>• tabouli, hummus</li><li>• oysters and sardines</li><li>• steamed vegetables with tamari/shoyu or umeboshi vinegar</li><li>• tortilla chips and salsa or guacamole: try whole grain chips such as “Garden of Eatin” brand and freshly made salsa or guacamole.</li><li>• sauerkraut: it will also knock your sweet craving right out!</li><li>• fresh lime or lemon juice as seasonings or in beverage</li><li>• salted edamame</li></ul>
<b>Creamy</b>	<ul style="list-style-type: none"><li>• smoothies</li><li>• plain organic yogurt</li><li>• avocados</li><li>• dips and spreads, like hummus and baba ghanoush</li><li>• puréed soups</li><li>• puddings made with silken tofu, avocado or mashed banana</li><li>• mashed sweet potatoes</li><li>• coconut milk</li></ul>