



Healthy Whole Foods List

DINING

100% organic, non-GMO, locally sourced, and sustainably grown. [services](#)

Proteins

~~Sardines~~ ~~Salmon~~ ~~Spencer~~ ~~Shrimp~~ ~~Tuna~~ ~~-mahi~~
~~Beans & Lentils~~ ~~Black-eyed Peas~~ ~~Split Peas~~

Fruits

~~Apples~~