

Your Vein-Friendly Grocery List

BERRIES, CITRUS & OTHER FRUITS

- Strawberries
- Blackberries
- Raspberries
- Lemons
- Limes
- Grapefruit
- Oranges
- Apples

LEAFY GREENS

- Spinach
- Kale
- Arugula
- Cabbage

NUTS & SEEDS

- Chia seeds
- Walnuts
- Almonds

FATTY FISH

- Salmon
- Mackerel
- Tuna
- Halibut
- Rainbow trout

WHOLE GRAINS

- Brown rice
- Oatmeal
- Quinoa
- Barley
- Rye

