

Herbivore Greens List



Daily

Romaine Lettuce, Red Leaf Lettuce, Green Leaf Lettuce, Bibb Lettuce, Endive, Arugula, Carrot Tops, Escarole, Herbs, Frisee Lettuce

Weekly

Swiss Chard, Chicory Greens

Rare

Beet Greens, Mustard Greens

AVOID: High in Calcium Oxalate

Kale, Collard Greens, Turnip Greens, Dandelion Greens, Spinach

AVOID: Cause Gas and GI Upset

Broccoli, Brussels Sprouts, Cabbage