



# Substitution List



## Main Ingredient

Apples  
Banana  
Basil  
Beets  
Blueberries  
Broccoli  
Butternut Squash  
Carrots  
Celery  
Cilantro  
Cucumber  
Ginger  
Grapefruit  
Green Peppers  
Kale  
Lemon  
Lime  
Mango  
Oranges  
Parsley  
Peaches  
Pineapple  
Pomegranate  
Red Cabbage  
Romaine Lettuce  
Spinach  
Strawberries  
Swiss Chard  
Tomato  
Watermelon

## Substitution List

Beets, Blackberries, Carrots, Grapes, Oranges, Pears, Watermelon  
Avocado  
Cilantro, Parsley, Spinach  
Apples, Carrots, Oranges, Red Cabbage, Radish, Tomatoes  
Apricots, Blackberries, Cherries  
Brussels Sprouts, Cabbage, Cauliflower, Cabbage, Celery, Kale, Spinach  
Carrots, Mango, Pumpkin, Sweet Potato, Other types of Squash  
Apples, Beets, Oranges, Sweet Potatoes, Tomatoes  
Cabbage, Romaine Lettuce, Zucchini  
Basil, Parsley, Spinach  
Cabbage, Romaine Lettuce, Zucchini  
Lemon, Radish  
Blood Oranges, Tangelo Oranges, Lemons, Raspberries, Pineapple  
Carrots, Red or Yellow Peppers, Red Cabbage, Romaine Lettuce  
Broccoli, Romaine Lettuce, Spinach, Swiss Chard  
Ginger, Grapefruit, Lime, Raspberries, Strawberries  
Ginger, Grapefruit, Lemon, Raspberries, Strawberries, Tangerine  
Butternut Squash, Carrot, Kiwi, Papaya  
Apples, Carrots, Grapefruit, Mango, Watermelon  
Basil, Cilantro, Spinach  
Apples, Nectarines, Oranges, Plums  
Apples, Grapefruit, Lemon, Lime, Oranges  
Lemon, Lime, Pineapple, Raspberries, Strawberries  
Beet, Cabbage, Radish, Romaine Lettuce  
Cabbage, Celery, Cucumber, Kale, Peppers, Spinach, Zucchini  
Broccoli, Kale, Romaine Lettuce, Swiss Chard  
Apples, Blackberries, Grapefruit, Lemon, Lime, Oranges, Pomegranate, Raspberries  
Arugula, Cabbage, Green Peppers, Kale, Romaine Lettuce, Spinach  
Beet, Carrot, Red Pepper, Yellow Pepper  
Apples, Cantaloupe, Orange