

DON'T EAT**DO EAT**

Garbanzo/Chickpeas

Green wax Beans

Lima Beans

Yellow wax Beans

Aduzuki Beans

Snap Peas

Mung Beans

Snow Peas

Black Beans

Kidney Beans

Field Beans

Navy Beans

Soy Beans

Soy products:
(milk/oil/sauce)

Tofu/Tempeh

Fresh or frozen Peas

ALL spreads/dips made
with **any** of the above
legumes like hummus

Peanuts

Regular Nuts are okay:
(almonds, cashews, etc)