

730 Peanuts in Foods
(One for every day for two years)

Peanuts or	1 dish	2 cold	3 hot	4 rice	5 butter	6 eggs	7 pancakes	8 oats
peanut oil:					+ oil	+oil	+ oil	+ oil
General	-	2	3	4	-	6	7	8
Apple (green)							7	8
Bean sprouts						6		
Leeks					5			
Pumpkin seed	2	3				6	7	8
Rutabaga	1	2	3					
Sub-total:								18

All eight options: Anchovies, Apple (raw), Apple Sauce, Apricots, Artichoke Hearts, Asparagus sprouts, Bananas, Black Beans, Green Beans, Baked or Northern Beans, Lima Beans, Red (Chili) Beans, Beets, Blackberries, Black-eyed Peas, Blueberries, Broccoli, Brussels Sprouts, Cabbage, Cantaloupe, Carrots, Cauliflower, Celery, Cherries (Maraschino), Chia Seeds, Collard Greens, Corn, Cranberries, Cucumber, Cucumber pickles, Dandelions, Dates, Eggplant, Elderberries, Figs, Grapes, Grapefruit, Guacamole, Humus, Kale, Kiwi, Kohlrabi, Lettuce, Mint, Mixed Fruit, Mixed Vegetables, Mixed Tropical Fruit, Mushrooms (Shiitaki), Mustard Greens, Olives (black or green), Okra, Onions, Orange (Mandarin), Parsley, Paw Paws, Peas (canned or pod), Peaches, Pears, Pecans, Peppers (sweet or hot), Persimmons, Pineapples, Plums, Poke Greens, Potatoes, Prunes, Pumpkin, Radishes, Raisins, Raspberries, Sauerkraut, Salsa, Spinach, Squash, Strawberries, Sunflower Seeds, Sweet Potatoes, Swiss Chard, Tomatoes, Green Tomatoes, Turnips, Turnip Greens, Watermelon, Zucchini.

Sub-total: (84 X 8) = **672**

* cherry, peach, pear, pineapple, grape

** red & yellow papaya, pineapple, passion fruit juice

*** corn, lima beans, green beans, peas, carrots, celery, potatoes

Salads: Bean Salad, Chicken Salad, Ham Salad, Macaroni Salad, Potato Salad, Tuna Salad, Mixed Salad, and Dandelions (hot vinegar & oil), Mackerel Salad, Ukrainian Salad,

Soups: Beef, Chicken Soup, Chili, Lentil, Large Lima Bean, Mixed Bean/Grain, Oxtail, Potato, Vegetable,

Other: Burgoo, Prunes & Apple Sauce, Beef Stew, Lasagna,
Artichoke & Spinach Humus, Sausage, Eggs & Sausage,
Eggs & Ham, Popcorn, Salmon Paddies, Shrimp & Tomato
Beef Steak, Bisque & Rice, Beef Tamales, Yogurt

Peanut Butter

Sandwich and jelly, and honey
Spaghetti & peanuts
Hard boiled eggs
Donuts
Peanut Brittle
Hot dogs sandwich

Sub-total: **40**
Total (2013-2014): **730**