

21 SUPERFOODS REFERENCE GUIDE

PROTEINS

1. Lean red meat (grass-fed preferred)
2. Salmon (wild caught preferred)
3. Eggs (omega-3 and cage free preferred)
4. Plain Greek yogurt, cottage cheese, or coconut milk yogurt
5. Protein supplements (whey, milk or plant protein sources)

VEGGIES AND FRUITS

1. Spinach
2. Tomatoes
3. Cruciferous Veggies (broccoli, cabbage, cauliflower)
4. Mixed berries
5. Oranges

OTHER CARBS

1. Mixed beans
2. Quinoa
3. Whole oats

GOOD FATS

1. Raw, unsalted mixed nuts
2. Avocados
3. Extra virgin olive oil
4. Fish oil (or algae oil)
5. Flax seeds (ground)

DRINKS/OTHER

1. Green tea
2. Liquid exercise drinks (or branched-chain amino acids)
3. Greens+ (vegetable concentrate)