



Friendly Fats

Organic Virgin Coconut Oil
 Red Palm Oil
 Extra Virgin Olive Oil
 Cod Liver Oil
 Nuts / Nut Oil
 Nut Butters
 Avocado
 Olives
 Flaxseeds
 Chia Seeds
 Pumpkin Seeds



Satisfying Starches

Sweet Potatoes
 Red Skin Potatoes
 Purple & Blue Potatoes
 Russet Potatoes
 Root Vegetables
 (Beets, Turnips, Parsnips,
 Carrots, Onions)



Veggie Vitality

Brussels Sprouts
 Broccoli
 Cauliflower
 Cucumber
 Celery
 Asparagus
 Spinach
 Kale
 Collard Greens
 Bok Choy
 Cabbage
 Mixed Greens
 Sprouts
 Artichokes
 Hearts of Palm
 Peppers



Powerful Proteins

Wild Caught Fish
 Organic Poultry
 Organic Grass Fed Beef
 Goat Cheese
 Sheep's Feta
 Organic Free-Range Eggs
 Bison/Bufalo
 Venison
 Lamb
 Beans
 Hemp Seeds
 Lentils
 Elk
 Spilt Peas
 Legumes



Fruit Frenzy

Berries
 Kiwi
 Apples
 Citrus Fruits
 Melon
 Frozen Mixed Fruit
 Pomegranate
 Raisins
 Goji Berries
 Tomatoes
 Banana
 Grapes
 Pears
 Dates
 Figs
 Coconut
 Mangos
 Cherries
 Peaches
 Grapefruit
 Pineapple
 Dried Unsweetened Fruit



Beverages

Alkaline Water
 Mineral Water
 Coconut Water
 Herbal Teas
 Almond Milk
 Coconut Milk
 Hemp Milk
 Nut Milk Creamer
 Organic Coffee/Tea
 Oat Milk
 Spring Water
 Filtered Water with Lemon or Lime



Brain Grains

Oat Groats
 Steel Cut Oats
 Rolled Oats
 Whole Grain Rice
 Barley
 Wheatberries
 Coconut Flour
 Sprouted Grains
 (Bread, Wraps)
 Amaranth
 Farro
 Millet
 Quinoa



Top Superfoods

Spirulina Chlorella
 Wheatgrass
 Cod Liver Oil
 Cacao Nibs
 Virgin Coconut Oil
 Flaxseeds
 Chia Seeds



Condiments

Sea Salt
 Black Pepper
 Herbs & Spices
 Apple Cider Vinegar
 Balsamic Vinegar
 Red Wine Vinegar
 Bragg's Liquid Aminos
 Chicken/Veg. Broth
 Sauerkraut
 Kimchi



Natural Sweeteners

Dates/Figs
 Raw/Local Honey
 Pure Maple Syrup
 Stevia
 Cacao Nibs
 Coconut Sugar