



## EAT IN THE GREEN

Stop focusing on the things you can't eat and starting focusing on all of the things you can eat. Aim to eat foods found in the center two green circles of the Food Target. These include all of the foods listed below. Upgrade to better quality foods by reading the ingredient list and avoiding items you can't pronounce or that end in "ose" You are less likely to overeat or have to worry about counting calories when you choose foods closer to the source.



### FRIENDLY FATS

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



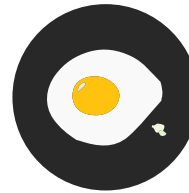
### SATISFYING STARCHES

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



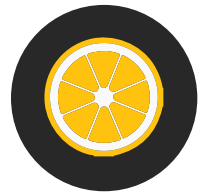
### VEGGIE VITALITY

- 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
- Organic Goat Cheese
- Organic Sheep's feta
- Organic Free-Range Eggs
- Bison/Bufallo
- Venison
- Lamb
- Beans
- Hemp Seeds
- Lentils
- Chia Seeds
- Flax Seeds



### FRUIT FRENZY

- Berries
- Kiwi
- Apples
- Citrus Fruits
- Melon
- Frozen Mixed Fruit
- Pomegranate
- Rasins
- Goji Berries
- Tomatoes
- Banana
- Grapes
- Pears
- 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



### BRAIN GRAINS

- Oat Groats
- Steel Cut Oats
- Rolled Oats
- Whole Grain Rice
- Organic Pearled Barley
- Organic White WW Flour
- Wheatberries
- Organic Polenta
- Coconut Flour
- Sprouted Grains (Bread, Wraps)
- Amaranth
- Farro
- Millet
- Quinoa
- Teff
- Buckwheat



### NATURAL SWEETS

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



### CONDIMENTS

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



### SUPERFOODS

- Spirulina
- Chlorella
- Wheatgrass
- Cod Liver Oil
- Flax Seeds
- Hemp Seeds