

EAT GUIDE



FRIENDLY FATS

Avocado
Chia Seeds
Cod liver Oil
Extra Virgin Olive Oil
Flax Seeds

Hemp Seeds
Nut Butters
Organic Virgin Coconut Oil
Pumpkin Seeds



POWERFUL PROTEINS

Beans
Bison/Buffalo
Chia Seeds
Flax Seeds
Hemp Seeds
Lentils

Organic Free-Range Eggs
Organic Grass-Fed Beef
Organic Poultry
Venison
Wild Caught Fish



BRAIN GRAINS

Coconut Flour
Farro
Millet
Oat Groats
Organic Polenta
Quinoa
Rolled Oats

Sprouted Grains (bread, wraps)
Steel Cut Oats
Teff
Wheatberries
Whole Grain Rice



SATISFYING STARCHES

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



SUPERFOODS

Cod Liver Oil
Flax Seeds
Hemp Seeds
Spirulina Chlorella
Wheatgrass



NATURAL SWEETS

Agave Nectar
Cacao Nibs
Dates/Figs
Pure Maple Syrup
Raw Local Honey



BEVERAGES

Almond Milk
Alkaline Water
Coconut Milk
Coconut Water

Herbal Teas
Mineral Water
Nut Milk Creamer
Organic Coffee/Tea



VEGGIE VITALITY

Asparagus
Bok Choy
Broccoli
Brussel Sprouts
Cauliflower

Celery
Collard Greens
Cucumber
Kale
Peppers
Spinach



CONDIMENTS

Sea Salt
Black Pepper
Herbs & Spices
Apple Cider Vinegar

Balsamic Vinegar
Red Wine Vinegar
Liquid Aminos
Chicken/Veg. Broth



FRUIT FRENZY

Apples
Banana
Berries
Citrus Fruits
Cherries
Grapefruit
Grapes

Kiwi
Melon
Peaches
Pineapple
Pomegranate
Raisins
Tomatoes