

Superfood Reference Sheet (plant-based)

Use this sheet to guide you in your grocery shopping/meal planning. You don't need to buy them all at once, but trying new things can be fun and you'll notice how much better you feel as you introduce more of them! Use the internet (google/Pinterest) to find recipes that make them even more enticing!

Proteins

- Black beans
- Tempeh
- Pinto
- Kidney beans
- Rice, hemp, pea protein powders

Vegetables and fruits

- Kale
- Collards
- Lettuce
- Broccoli
- Berries
- Bananas
- Oranges
- Grapefruit

Whole grains

- Amaranth
- Quinoa

Good Fats

- Flax seeds
- Hemp seeds
- Walnuts
- Almonds
- Avocado

Drinks

- Green tea