

Superfood Reference Sheet

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

- Lean Red Meat (grass-fed preferred)
- Salmon (wild-caught preferred)
- Eggs (omega-3/cage-free preferred)
- Plain yogurt, cottage cheese, or coconut milk yogurt
- Protein supplements (whey, milk, or plant protein source)

Vegetables and fruits

- Spinach
- Tomatoes
- Cruciferous vegetables (broccoli, cauliflower, cabbage)
- Mixed berries (strawberries, blueberries, raspberries, etc.)
- Oranges
- Apples

Other Carbs

- Mixed beans (kidney, navy, white, etc.)
- Quinoa
- Whole oats
- Sweet potatoes

Good Fats

- Raw, unsalted mixed nuts (almonds, pecans, walnuts, cashews, brazil nuts, etc.)
- Avocados
- Extra virgin olive oil (EVOO)
- Fish oil (krill oil, algae oil)
- Flax seeds (ground-your body cannot digest the flax hull/shell)

Drinks

- Green tea