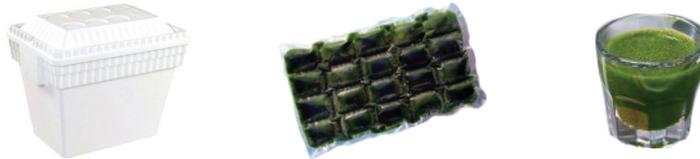


At On Target Living, we believe there are certain foods the body needs from a nutrition standpoint to heal and thrive. These are foods that are in their most natural state and will therefore be the most beneficial for overall health. Use these superfoods to heal the body and watch your health issues disappear. After all, food is the most powerful medicine on the planet. Keep in mind that we don't eat nutrients, we eat food. The body is not meant to heal in isolation; it is meant to heal as one unit. Once you provide the body with the foundation it needs from a nutrition standpoint, the less specific issues you will have.

## WHEATGRASS

Our wheatgrass is delivered right to your front door in a large Styrofoam container and comes in ice cube form. Make sure ice cubes sheets are fully frozen before cracking open. Once you crack open your sheet of ice cubes, store in a large plastic container in the freezer for easy access. To consume.....

Keep in mind that all wheatgrass found in the United States will be pasteurized and therefore will not contain as many nutrients as the unpasteurized form we get directly from Canada. Wheatgrass in powder or pill form will be dried and aged and will not provide the essential nutrients and alkalizing minerals you get from the ice cube form.



## COD LIVER OIL

This essential omega 3 fat contains DHA & EPA needed for brain health, heart health, healthy hormones, and inflammation. All you need is one spoonful or tablespoon. Take by itself or add to oatmeal or smoothies. For best results, consume anytime of the day that works for you.



## SPIRULINA / CHLORELLA

This fresh water algae comes in a tablet form for easy consumption. Because it is so cleansing and detoxifying, start by taking 5-10 tablets per day for the first week. Build up to a maintenance dose of 20-30 tablets per day. It's recommended to consume 10 tablets mid-morning, and 10 tablets mid-afternoon for better energy and absorption. Take these tablets with you everywhere as they help to keep the immune system strong and healthy. You can think of spirulina/chlorella as your real- food multivitamin. Spirulina/chlorella is best consumed in it's combined form. Avoid processed powder or liquid forms.



# SUPERFOODS HOW-TO

## SUPERSEEDS (Flax, Chia & Hemp)

Flaxseeds, chia seeds, and hemp seeds are all considered superfoods for their suburb nutritional benefits.

Flaxseeds and chia seeds both contain omega 3 fats and fiber needed for healthy metabolism and digestion. Because they contain similar nutrient profiles, you can use one or the other. Flaxseeds must be ground to absorb the omega 3 fats and chia seeds must be added to a liquid for best absorption. Hemp seeds are the highest source of plant-based protein with 11 grams in just 3 tablespoons.

**Flaxseeds:** Buy whole flaxseeds and grind in a cheap coffee grinder. Store ground flaxseeds in a dark airtight container in the refrigerator for easy access. (Will stay fresh for 2-3 months). Add 2 tablespoons to oatmeal, cereal, salads, smoothies, or 1/4 cup of 100% pomegranate or cherry juice.



**Chia Seeds:** Add 2 tablespoons to smoothies, oatmeal, coconut milk, or 1/4 cup of 100% pomegranate or cherry juice and let sit for at least 5-10 minutes to soak and expand for easier absorption.



**Hemp Seeds:** Add 3 tablespoons to smoothies, trail mix, oatmeal or salads. Hemp seeds make a healthier and more affordable Use in place of protein powder.



## ORGANIC COCONUT OIL

This is a healthy saturated fat especially helpful for digestion and metabolism. Always choose virgin coconut oil and avoid buying processed MCT oil. Coconut oil is MCT oil in its purest form. Use in place of butter, spread on toast, add to smoothies, for popping popcorn, stir-frys, sautéing, or use on your skin as a moisturizer. 1-2 tablespoons is a healthy serving.



## CACAO NIBS

This raw unprocessed form of chocolate is extremely high in the calming mineral magnesium helping the mind and body to de-stress and relax. Magnesium- rich foods tend to be extremely helpful for sleep and muscle recovery. Because cacao nibs are the raw unprocessed form of dark chocolate, they tend to be very bitter and are best consumed when added to things. Simply, add 1 tablespoon to your oatmeal or cereal, top on banana ice cream or substitute for chocolate chips in baking.



Superfoods available for purchase at [shop.ontargetliving.com](http://shop.ontargetliving.com)