

Stock Up On SUPERFOODS



Friendly Fats

Organic Virgin Coconut Oil
Red Palm Oil
Extra Virgin Olive Oil
Cod Liver Oil
Nuts/Nut Oil
Nut Butters
Avocado
Olives
Flaxseeds
Chia Seeds
Pumpkin 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
Mushrooms

Natural Sweets

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

Beverages

Alkaline Water
Mineral Water
Coconut Water
Herbal Teas
Almond Milk
Coconut Milk
Hemp Milk
Organic Coffee/Tea



Powerful Proteins

Wild Caught Fish
Organic Poultry
Organic Grass-Fed Beef
Organic Goat Cheese
Organic Sheep's Feta
Organic Free-Range Eggs
Bison/Buffalo
Venison
Lamb
Hemp Seeds
Beans
Lentils



Fruit Frenzy

Berries
Kiwi
Apples
Citrus Fruits
Melon
Frozen Mixed Fruit
Dried Unsweetened Fruit
Pomegranate
Raisins
Goji Berries
Tomatoes
Banana
Grapes
Pears
Coconut
Mangos
Cherries
Peaches
Grapefruit
Pineapple



Brain Grains

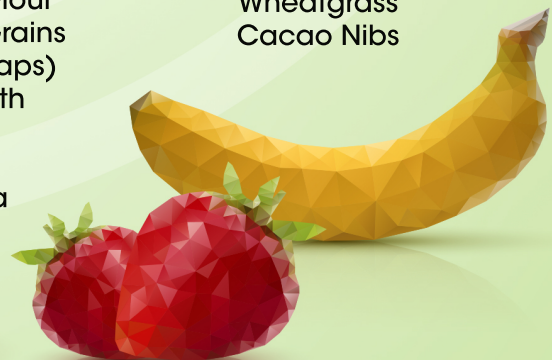
Oat Groats
Steel Cut Oats
Rolled Oats
Whole Grain Rice
Organic Pearled Barley
Organic White WW Flour
Wheatberries
Organic Polenta
Coconut Flour
Sprouted Grains
(Bread, Wraps)
Amaranth
Farro
Millet
Quinoa

Condiments

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

Superfoods

Spirulina
Chlorella
Wheatgrass
Cacao Nibs



*Focus on foods that contain 1 ingredient or are in their most natural state