

21 Superfoods Reference Guide

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PROTEINS

1. Lean red meat (93% lean, top round, sirloin)
2. Salmon
3. Omega-3 eggs
4. Low-fat, plain yogurt (lactose-free if you can find it)
5. Protein supplements (milk protein isolates, whey protein isolates, or vegan protein sources)

VEGETABLES AND FRUITS

6. Spinach
7. Tomatoes
8. Cruciferous vegetables (broccoli, cabbage, cauliflower)
9. Mixed berries
10. Oranges

OTHER CARBOHYDRATES

11. Mixed beans
12. Quinoa
13. Whole oats

GOOD FATS

14. Mixed nuts
15. Avocados
16. Extra virgin olive oil
17. Fish oil
18. Flax seeds (ground)

DRINKS / OTHER

19. Green tea
20. Liquid exercise drinks (quickly digested carbohydrate and protein)
21. greens+® (vegetable concentrate supplement)

Note:

Do not select foods that you are allergic to or intolerant of.