Stock Up On
SUPERFOODS

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

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

Brain Grains
Oat Groats
Steel Cut Oats
Rolled Oats
Whole Grain Rice
Barley
Local/Organic Milled Flour
Wheatberries
Organic Polenta
Coconut Flour
Sprouted Grains
(Bread, Wraps)
Amaranth
Farro
Millet
Quinoa

Superfoods
Spirulina
Chlorella
Wheatgrass
Cacao Nibs

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

Natural Sweets
Dates/Figs
Agave Nectar
Raw/local Honey
Pure Maple Syrup
Stevia
Cacao Nibs
Coconut Sugar

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

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

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)

Focus on foods that contain 1 ingredients or are in their most natural state. Be mindful of how much and how often you indulge in the natural sweets. Remember that flavor comes from nutrients and most fruits will satisfy your sweet tooth. When buying animal products make sure to always choose organic when possible to avoid hormones, antibiotics, and GMO feed.