THE 21 DAY EAT CHALLENGE

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

Brain Grains
Oat Groats
Steel Cut Oats
Rolled Oats
Whole Grain Rice
Sprouted grains (bread, wraps)
Amaranth
Wheatberries
Farro
Millet
Quinoa

Satisfying Starches
Sweet potatoes
Red skin potatoes
Purple & blue potatoes
Root Vegetables (Beets, Turnips, Parsnips, Carrots, Onions)

Fruit Frenzy
Berries
Kiwi
Apples
Citrus Fruits
Melon
Frozen Mixed Fruit
Pomegranate
Raisins
Goji Berries
Tomatoes
Banana
Grapes
Pears
Coconut
Mangos

Veggie Vitality
Broccoli
Cauliflower
Brussels Sprouts
Cucumber
Celery
Asparagus
Spinach
Kale
Collard Greens
Bok Choy
Cabbage
Mixed Greens
Sprouts

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

Natural Sweets
Dates/Figs
Agave Nectar
Raw Honey
Pure Maple Syrup
Stevia

Beverages
Alkaline Water
Mineral Water
Coconut Water
Organic Green & De-Caffeinated Herbal Teas
Almond Milk
Coconut Milk
Hemp Milk

Condiments
Sea Salt
Black Pepper
Herbs & Spices
Apple Cider Vinegar
Balsamic Vinegar
White Balsamic Vinegar
Red Wine Vinegar

Superfoods
Spirulina
Chlorella
Wheatgrass
Cacao Nibs