

Save 20% off on your first superfood purchase using promo code: **SUPERFOODS20** (discount excludes wheatgrass).

In order to make the On Target Living Lifestyle as easy as possible, we have gathered all of these items in one convenient location here: [www.ontargetliving.com/shop](http://www.ontargetliving.com/shop)



## WHEATGRASS

Wheatgrass is the highest mineral source in the world with over 90 minerals, making it extremely alkaline. Wheatgrass is high in chlorophyll, which acts as a powerful detoxifier. Wheatgrass strengthens our cells, neutralizes environmental pollutants, aids digestion, helps with metabolism and weight-loss, decreases inflammation, and improves skin, hair and nails. **Melt 2-5 wheatgrass ice cubes in a glass of water and drink first thing in the morning on an empty stomach. If using wheatgrass pills aim for 7-10 tablets per day.**



## SPIRULINA/CHLORELLA

This fresh water algae is super high in chlorophyll and helps to build the immune system, detoxify the body and improve digestion. It is also high in iodine which is needed to support the thyroid gland and improve metabolism. Because spirulina/chlorella are high in nucleic acid they are considered a cell builder and can help the body to naturally heal itself. Spirulina and chlorella are also high in protein making it a great source for vegans or protein needs in general.

**Swallow (don't chew) the tablets with water! Aim for 10-20 tablets/day. It is best taken 15-20 minutes prior to eating.**



## COD LIVER OIL

This omega 3 fat contains EPA & DHA all of which contributes to a healthy heart, brain, hormonal balance, and decreased inflammation. Cod Liver also helps to improve cellular function, energy, mood and aids in weight loss. Cod Liver Oil is also high in vitamin D, which is needed to absorb calcium.

**Take 1-2 Tablespoons per day (1500-3000 mg of EPA/DHA per day)**



## FLAXSEEDS/CHIA SEEDS/HEMP SEEDS (Super Seeds)

Flaxseeds and chia seeds are high in omega 3s (ALA) and fiber and contain antiviral, antifungal, antibacterial, and anticancer properties. Hemp seeds are high in healthy omega 6s (LA & GLA), along with being high in protein. These super omegas help to lower inflammation, balance hormones, and improve digestion. Flaxseeds must be ground to reap their wonderful benefits. Chia and hemp seeds can be consumed in their original state.

**Take 1-2 Tablespoons per day. Add to cereal, smoothies, and salads. For a tasty snack, mix 2 tbsp. flaxseeds or chia seeds with ¼ cup of juice, let sit for 10 minutes to thicken and eat with a spoon.**



## SEA VEGETABLES

Sea vegetables contain 10 times more calcium than milk, along with high levels of natural iodine necessary to support the thyroid gland. Sea vegetables also help neutralize an acidic diet and balance blood pH by purifying and cleansing the blood.

**Sprinkle sea vegetables on salads, cook in soups, or use as a wrap. Add sea vegetables into your diet 1-2 times per week. Varieties include wakame, kelp, kombu, nori, arame, and dulse.**



## ORGANIC VIRGIN COCONUT OIL

Coconut oil is a healthy saturated fat high in lauric, capric, and caprylic acids, which have antiviral, and antifungal properties contributing to a healthy digestion. Coconut oil also contains medium-chain fatty acids that can aid in a healthy metabolism.

**Aim for 1 tbsp. per day. Cook or bake with it using a 1:1 ratio of butter/oil to coconut oil. May also be used as a spread.**

## CACAO NIBS



Cacao is the raw unprocessed form of chocolate and is high in magnesium, manganese, zinc, and iron. Cacao has many benefits including brain health, mood enhancement, supports heart health, boosts weight loss, and can improve energy. It can also enhance relaxation and promote a better night's sleep. Because it is high in magnesium, it has also been shown to build muscle and aid in muscle recovery.

***Take 1 Tablespoon per day. Mix in oatmeal, smoothies, or simply mix cacao nibs/cacao powder with coconut or almond milk in a blender to make a healthy version of chocolate milk.***

## NUTS & SEEDS



Nuts and seeds are packed with fiber, vitamins, minerals, healthy fats, and protein. Try to get a variety of nuts and seeds into your daily diet, including almonds, walnuts, Brazil nuts, pecans, pistachios, hazelnuts, cashews, macadamia nuts as well as pumpkin and sunflower seeds.

***Add to salads, smoothies, trail mix or simply eat as is for a healthy snack.***

## SUPER FRUITS



Fruits are packed with flavor and are high in vitamins, minerals, fiber, cancer-fighting antioxidants, and are extremely alkalizing. Try to get a variety of super fruits in your daily diet including strawberries, blueberries, raspberries, lemons, limes, apples, and bananas. Dried fruits like figs, dates, goji berries, and raisins are high in the calming mineral magnesium helping to relax the mind and body and aid in digestion.

***Add to salads, smoothies, cereal/oatmeal, or simply enjoy as nature's candy.***

## SUPER VEGETABLES



Vegetables provide many nutrients, including potassium, fiber, folate, vitamins A, E, C and are extremely alkalizing. Try to get a variety of super vegetables into your daily diet including leafy greens, bok choy, broccoli, mushrooms, beets, celery, carrots, onions, and garlic. Leafy greens and broccoli are especially high in calcium and vitamin C needed to keep your immune system healthy and prevent sickness. Beets and celery are extremely detoxifying. Garlic is part of the onion family and contributes to a healthy immune system while helping to lower inflammation. Starchy vegetables like red skin, yellow, purple and sweet potatoes are also a great addition to your diet and provide the brain with healthy levels of serotonin needed to feel happy and satisfied.

## HEALTHY GRAINS



Healthy grains include oats, spelt, quinoa, chia, amaranth, buckwheat, wheat berries, kamut, freekah, bulgur, barley, sorghum, teff, millet, wild rice, and farro. These complex carbohydrates are the body's number one fuel source and are extremely high in protein, fiber, and minerals. These grains are also high in energizing B vitamins and are helpful in reducing inflammation.

## SUPER SPICES & HERBS



Super spices and herbs can improve inflammation, pain, digestion, brain health, and immune function. Try to include a variety of super spices and herbs in your daily diet including turmeric, ginger, cinnamon, mint, and alfalfa. Cinnamon is especially beneficial for balancing blood sugar and keeping energy level steady. Alfalfa is high in vitamins and minerals and can help to treat digestion, kidney issues, joint problems, high cholesterol and blood pressure while mint is very energizing and soothing on the stomach.

***Adding just a small amount of these super flavors to dishes is a great way to add antioxidant-rich flavor.***

## SUPER MAGNESIUM



Although, Epsom Salt is not something you can consume-it is the #1 source of magnesium and must be absorbed through the skin.

***Add 2-3 cups of Epsom salt to your bath and soak once or twice a week for 10 minutes. To save on time, add 1 cup of Epsom salt to a foot soak.***