

• HEALTHY FOODS •

VEGETABLES

- Cauliflower
- Broccoli
- Brussel sprouts
- Cabbage
- Onions
- Leeks
- Garlic
- Radish
- Kholrabi
- Capsicums/Bell peppers
- Tomatoes
- Eggplant
- White potatoes
- Yam
- Sweet potato
- Carrots

- Turmeric
- Ginger
- Beets
- Fennel
- Artichoke
- Jicama
- Acorn squash
- Butternut squash
- Spaghetti Squash
- Cucumber
- Celery
- Rhubarb
- Bok Choy
- Spinach
- Kale
- Collard Greens
- Beet Greens
- Green Beans
- Asparagus
- Cremini mushrooms
- Portobello mushrooms
- Oyster mushrooms
- Shitake mushrooms

FRUITS

- Apples
- Pears
- Oranges
- Grapefruit
- Banana
- Watermelon
- Kiwi
- Blueberries
- Raspberries
- Blackberries
- Strawberries
- Lemon
- Lime
- Cranberries
- Cherries
- Figs

- Plums
- Dates
- Mango
- Grapes
- Peaches
- Nectarines
- Pineapple
- Avocado

GRAINS

- Brown Rice
- Oats
- Millet
- Rye
- Buckwheat
- Spelt
- Bulgar
- Barley
- Quinoa

FATS

- Flax
- Grapeseed oil
- Coconut oil
- Olive oil
- Avocado oil
- Hemp Hearts
- Nuts
 - Almonds
 - Cashews
 - Walnuts
 - Brazil nuts
 - Hazelnuts
 - Pumpkin seeds
 - Sunflower seeds

PROTEIN

- Organic Soy (tofu), soymilk
- Pea Protein
- Meat replacements (yves, beyond meat)
- Quinoa
- Legumes
 - Kidney beans
 - Fava beans
 - Black beans
 - Garbanzo/chickpeas
 - Split peas
 - Lentils
 - Mung Beans



POSITIVE
MIND



POSITIVE
VIBES

POSITIVE
LIFE