

21 Superfoods Reference Guide

21 SUPERFOODS REFERENCE GUIDE

PROTEINS

1. Lean red meat (grass-fed preferred)
2. Salmon (wild caught preferred)
3. Eggs (omega-3 and cage free preferred)
4. Plain Greek yogurt, cottage cheese, or coconut milk yogurt
5. Protein supplements (whey, milk or plant 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. Raw, unsalted mixed nuts
15. Avocados
16. Extra virgin olive oil
17. Fish oil (or algae oil)
18. Flax seeds (ground)

DRINKS / OTHER

19. Green tea
20. Liquid exercise drinks (or branched-chain amino acids)
21. greens+[®] (vegetable concentrate)

Note:

1. Do not select foods that you are allergic to or intolerant of.
2. For a plant-based superfoods reference guide, please see the Plant-Based Diet Guide as part of Precision Nutrition V3 (www.precisionnutrition.com)