

# Look Great Feel Great

## Fruits

1. Berries: blueberries, blackberries, raspberries ect..
2. Apples
3. Bananas
4. Oranges
5. Avocados: *The blacker the better*
6. Limes & Lemons: *Find the heavy ones... They'll have more juice*



## Nuts & Seeds

Unroasted, Unsalted, Unsmoked Nuts. **RAW.** Store in Fridge

19. Almonds
20. Walnuts
21. Flaxseeds
22. Sesame Seeds



## Meat, Fish, and Poultry

23. Boneless, Skinless Chicken Breasts
24. Roast Turkey Breast
25. Boneless Lamb Loin
26. Wild Salmon
27. Fresh Sole



## Eggs & Dairy

33. Omega-3 Organic Eggs
34. Feta Cheese
35. Plain Nonfat Yogurt



## Staples

40. Almond Butter
41. Cashew Butter
42. Extra-Virgin Olive Oil
43. Green Tea Bags
44. Rice Vinegar, Unseasoned



## Vegetables

7. Baby Spinach
8. Baby Mixed Greens
9. Broccoli
10. Carrots
11. Tomatoes: Vine ripened or hot house
12. Cucumbers
13. Beans
14. Peas
15. Onions
16. Garlic
17. Herbs (bunches): Rosemary, Flat-leaf Parsley, Cilantro, Tarragon
18. Peppers



## Frozen

28. Frozen Shrimp Cooked
29. Frozen Mixed Berries



## Organic Soy Product

30. Plain, Unsweetened Soymilk
31. Plain, Unsweetened Soy Yogurt
32. Tofu



## Whole Grains

36. Brown Rice, Long Grains
37. Whole Rye or Flax Bread
38. Steel-Cut Oats
39. Quinoa



## Drinks

45. Bottled Water



## Extras

46. Dark Chocolate
47. Cocoa Powder

