# **Look Great Feel Great**

#### Fruits

- Berries: blueberries, blackberries, rasberries ect...
- 3. Bananas
- 4. Oranges
- Avocados: The blacker the better
- 6. Limes & Lemons: Find the heavy ones... They'll have more juice

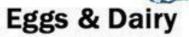
## Nuts & Seeds

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 Slamon
- 27. Fresh Sole



- 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

- **Baby Spinach**
- **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, Cliantro,
- 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











