



21 Superfoods:

Here is a list of tasty, nutrient-packed "Superfoods" to help you make good decisions when fueling your body.

Protein:

- 1.) Lean red meat (93% lean, top round, sirloin)
- 2.) Salmon
- 3.) Eggs
- 4.) Yogurt (with no added sugar)
- 5.) Protein supplements (milk protein isolates, whey protein isolates, or rice protein isolates)

Veggies and Fruits:

- 6.) Spinach
 - 7.) Tomatoes
 - 8.) Cruciferous Vegetables (broccoli, cabbage, cauliflower)
 - 9.) Mixed berries
 - 10.) Oranges
- Other Grains
- 11.) Mixed beans
 - 12.) Quinoa
 - 13.) Whole oats

Good Fats

- 14.) Mixed nuts
- 15.) Avocados
- 16.) Extra virgin olive oil
- 17.) Fish oil
- 18.) Flax seeds (ground)

Drinks/Other

- 19.) Water (add lemon for extra flavor) www.innovativehealthfitness.com/H2O
- 20.) Green Tea
- 21.) Greens + Fruit smoothie (add protein powder for some extra nutrition)

Don't select food that you are allergic to or intolerant of.

Please note: Always consult your doctor concerning your health, diet, and physical activity.

