

21 SUPER FOODS TO EAT:

PROTEINS:

1. Lean red meat (93% top round, or sirloin)
2. salmon
3. omega 3 eggs
4. low fat plain yogurt
5. Protein powders such as rice , whey or soy protein)

VEGGIES AND FRUITS:

6. Spinach
7. Tomatoes
8. Cruciferous vegetables: broccoli, cauliflower, cabbage
9. Berries
10. Oranges

OTHER CARBS:

11. Mixed Berries
12. Quinoa
13. Whole oats

GOOD FATS:

14. Nuts
15. Avocado
16. Olive oil
17. Fish oil (use supplements)
18. Flax or chia seeds

Drinks:

19. Green tea
20. Vegetable juice
21. Lemon water
22. Seltzer or mineral water (perrier, pellagrino)