

# THE ULTIMATE IMMUNITY SUPERFOODS SHOPPING LIST

Boost your bodies natural  
immunities (antibiotics) with  
these healthy healing  
superfoods.

- Water
- Apples
- Apricots
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Legumes
- Garlic
- Onions
- Red Peppers
- Soybeans (edamame are my fav)
- Sweet Potatoes
- Tomatoes
- Green Tea
- Squash
- Oranges
- Cantaloupe

# THE ULTIMATE IMMUNITY SUPERFOODS SHOPPING LIST

- Kale
- Oats
- Rice
- Nuts
- Grapes
- Citrus fruits
- Wine
- Whole grains
- Berries
- Cherries
- Rosemary
- Thyme
- Mint
- Tea Tree
- Clove
- Cinnamon
- Ginger
- Black Pepper

**Packed with phytochemicals,  
these foods with provide a  
powerful punch against  
diseases, viruses & infections  
while keeping you healthy**