

SUPERFOODS TO INCLUDE IN YOUR DAILY DIET

- Lemon Water
- Whey Protein
- Plant Based Protein Powder
- Spinach
- Walnuts/Nuts
- Seeds (chia, hemp, flax, sesame, pumpkin, sunflower)
- Beans/Lentils (Black beans a must)
- Fruit (apples, bananas, the darker the berry the better)
- Oatmeal
- Green Tea
- Figs
- Salmon/Tuna/Fish
- Eggs
- Beets
- Edamame
- Extra Virgin Olive Oil
- Honey
- Quinoa/Couscous
- Maca/Spirulina Powder
- Goji Berries
- Organic Coconut Oil
- Dark Chocolate
- Kefir/Greek Yogurt
- Carrots
- Avocado
- Garlic