

Superfoods Reference Guide

Proteins

1. Lean red meat (grass-fed preferred)
2. Salmon (wild caught preferred)
3. Eggs (omega-3 and cage free preferred)
4. Plain Greek yogurt, cottage cheese or coconut milk yogurt
5. Protein supplements (whey, milk or plant protein sources)

Vegetables and Fruits

1. Spinach
2. Tomatoes
3. Cruciferous vegetables (broccoli, cabbage, cauliflower)
4. Mixed berries
5. Oranges

Other Carbohydrates

1. Mixed beans
2. Quinoa
3. Whole oats

Good Fats

1. Raw, unsalted mixed nuts
2. Avocados
3. Extra virgin olive oil
4. Fish oil (or algae oil)
5. Flax seeds (ground)

Drinks/Other

1. Green tea
2. Liquid exercise drinks (or branched-chain amino acids)
3. Greens+ (vegetable concentrate)

Foods with High versus Low Nutrient Density

Foods with high nutrient density	Foods with low nutrient density
Bright colored vegetables	Table sugar
Bright colored fruits	Soda/soft drinks
High fiber, unprocessed grains	White flour
Lean meats	Ice cream