

21 Superfoods Checklist

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FOOD TYPE	FOOD CATEGORY	# OF SERVINGS
1. Lean red meat (93% lean, top round, sirloin)	Protein - Lean meat	-----
2. Salmon	Protein - Fish	-----
3. Omega-3 eggs	Protein - Dairy	-----
4. Low-fat plain yogurt (lactose-free if you can find it)	Protein - Dairy	-----
5. Supplemental protein (milk protein isolates, whey protein isolates, or vegan protein sources)	Protein - Powder	-----
6. Spinach	Carb - Vegetable	-----
7. Tomatoes	Carb - Vegetable	-----
8. Cruciferous vegetables (broccoli, cabbage, cauliflower)	Carb - Vegetable	-----
9. Mixed berries (strawberries, blueberries, raspberries, etc.)	Carb - Fruit	-----
10. Oranges	Carb - Fruit	-----
11. Mixed beans (kidney, navy, white, etc.)	Carb - Legume	-----
12. Quinoa	Carb - Grain	-----
13. Whole oats (large flake)	Carb - Cereal	-----
14. Mixed nuts (a variety of different types of nuts including pecans, walnuts, cashews, brazil nuts, etc.)	Fat - Seeds and nuts	-----
15. Avocados	Fat - Fruit	-----
16. Olive oil (extra virgin)	Fat - Oils	-----
17. Fish oil (salmon, anchovy, menhaden, krill)	Fat - Oils	-----
18. Flax seeds (ground)	Fat - Seeds and nuts	-----
19. Green tea	Teas	-----
20. greens + [®] or comparable brand	Vegetable concentrate supplement	-----
21. Liquid exercise drinks (quickly digested carbohydrate and protein)	Recovery drinks	-----

Note:

Do not select foods that you are allergic to or intolerant of.