

• HEALTHY FOODS • EAT THE RAINBOW

VEGETABLES

- Cauliflower
- Broccoli
- Brussel sprouts
- Cabbage
- Onions
- Leeks
- Garlic
- Radish
- Kholrabi
- Capsicums/Bell peppers
- Tomatoes
- Eggplant
- White potatoes
- Yam
- Sweet potato
- Carrots

- Turmeric
- Ginger
- Beets
- Fennel
- Artichoke
- Jicama
- Acorn squash
- Butternut squash
- Spaghetti Squash
- Cucumber
- Celery
- Rhubarb
- Bok Choy
- Spinach
- Kale
- Collard Greens
- Beet Greens
- Green Beans
- Asparagus
- Cremini mushrooms
- Portobello mushrooms
- Oyster mushrooms
- Shitake mushrooms

FRUITS

- Apples
- Pears
- Oranges
- Grapefruit
- Banana
- Watermelon
- Kiwi
- Blueberries
- Raspberries
- Blackberries
- Strawberries
- Lemon
- Lime
- Cranberries
- Cherries
- Figs

- Plums
- Dates
- Mango
- Grapes
- Peaches
- Nectarines
- Pineapple
- Avocado

GRAINS

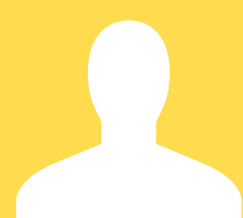
- Brown/wild Rice
- Oats
- wheat (whole wheat, bulgar, farro, spelt, einkorn, kamut)
- Millet
- Rye
- Buckwheat
- Spelt
- Bulgar
- Barley
- Quinoa
- Corn

FATS

- Flax
- Grapeseed oil
- Coconut oil
- Olive oil
- Avocados not the oil
- Hemp Hearts
- Nuts
 - Almonds
 - Cashews
 - Walnuts
 - Brazil nuts
 - Hazelnuts
 - Pumpkin seeds
 - Sunflower seeds

PROTEIN

- Legumes : lentils, chickpeas, black beans, kidney beans, fava beans, split peas, mung Beans
- Organic Soy foods (beans, tofu, tempeh, edamame, milk)
- Seitan (vital wheat gluten - very high protein)
- Quinoa
- Amaranth
- Oats
- Seeds: Hemp Hearts, chia seeds, Flax, pumpkin, sunflower seeds
- Nuts (almonds, peanuts, cashews, walnuts)
- Pea Protein, hemp & chia *shakes
- Meat replacements (yves, beyond meat, Gardein)



POSITIVE
MIND



POSITIVE
LIFE