HEALTH-SUPPORTIVE PLATE

Whole Lifecycle NUTRITION

HEALTHY FATS

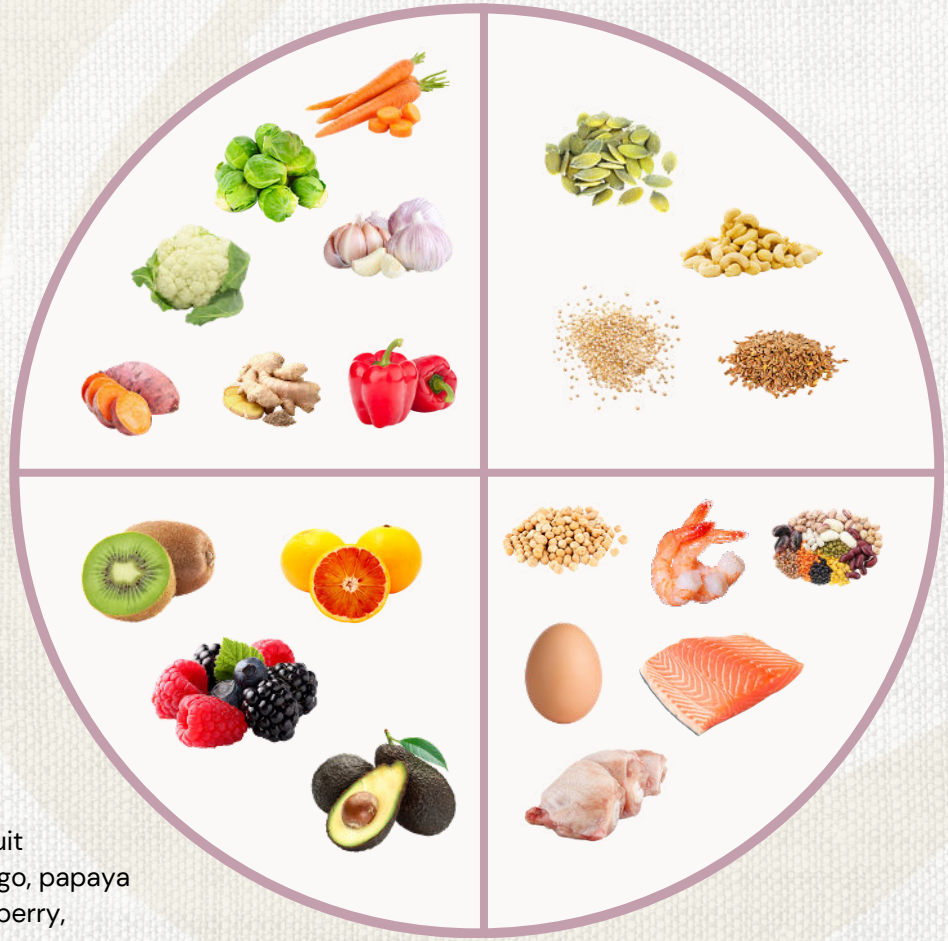
Olive oil, grape seed oil, walnut oil, avocado oil

VEGETABLES

Asparagus, bell peppers [all colors], bok choy, Brussels sprouts, broccoli, cabbage, carrots, cauliflower, celery, cucumbers, garlic, ginger root, leafy greens, leeks, mushrooms, onions, squash, sweet potatoes, tomatoes, turmeric.

FRUITS

Citrus: orange, lemon, lime, grapefruit
Tropical fruits: kiwi, pineapple, mango, papaya
Berries: blackberry, blueberry, raspberry, strawberry
Other: apple, avocado, grapes



WATER & OTHER BEVERAGES

Water, green and black teas, unsweetened beverages

WHOLE GRAINS, SEEDS, & NUTS

Cashews, almonds, peanuts, pine nuts, pumpkin seeds, Brazil nuts, walnuts, quinoa, chia seeds, hemp seeds, flax meal, oats, barley, brown rice

PROTEIN

Salmon, fatty fish, shellfish, beef, lamb, legumes and beans, pastured eggs, chicken, yogurt