



# 21 Superfoods Checklist

## 21 SUPERFOODS CHECKLIST

FOOD TYPE	FOOD CATEGORY	# OF SERVINGS
1. Lean red meat (grass-fed preferred)	Protein - Lean meat	-----
2. Salmon (wild caught preferred)	Protein - Fish	-----
3. Eggs (omega-3 and cage free preferred)	Protein - Egg	-----
4. Plain Greek yogurt, cottage cheese, or coconut milk yogurt	Protein - Dairy	-----
5. Protein supplements (whey, milk or plant 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/peas (black beans, lentils, split peas, etc.)	Carb/Protein – Legume	-----
12. Quinoa	Carb - Grain	-----
13. Whole oats (large flake)	Carb - Cereal	-----
14. Raw, unsalted mixed nuts (a variety 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) or algae oil	Fat - Oils	-----
18. Flax seeds (ground)	Fat - Seeds and nuts	-----
19. Green tea	Teas	-----
20. greens +® or comparable blend	Vegetable concentrate	-----
21. Liquid exercise drinks (or branched-chain amino acids)	Recovery drinks	-----

**Note:**

1. Do not select foods that you are allergic to or intolerant of.
2. For a plant-based superfoods checklist, please see the Plant-Based Diet Guide as part of Precision Nutrition V3 ([www.precisionnutrition.com](http://www.precisionnutrition.com))