



# 21 Superfoods Reference Guide

## 21 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)

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### VEGETABLES AND FRUITS

6. Spinach
7. Tomatoes
8. Cruciferous vegetables (broccoli, cabbage, cauliflower)
9. Mixed berries
10. Oranges

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### OTHER CARBOHYDRATES

11. Mixed beans
12. Quinoa
13. Whole oats

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### GOOD FATS

14. Raw, unsalted mixed nuts
15. Avocados
16. Extra virgin olive oil
17. Fish oil (or algae oil)
18. Flax seeds (ground)

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### DRINKS / OTHER

19. Green tea
20. Liquid exercise drinks (or branched-chain amino acids)
21. greens+® (vegetable concentrate)

#### Note:

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