

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)

VEGETABLES AND FRUITS

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

OTHER CARBOHYDRATES

11. Mixed beans
12. Quinoa
13. Whole oats

GOOD FATS

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

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)

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	-----

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