



THE 21 SUPERFOODS

If you want to achieve the optimal balance between health, body composition, and performance “watching what you eat” shouldn’t be synonymous with eliminating foods from your diet. The best nutrition programs offer replacements and additions, not just subtractions. In other words if you spend most of your time eating from the “good foods” list you won’t have much time for those on the “bad foods” list. To get you started, listed below are the 21 Superfoods we recommend to all our clients. These foods fit nicely into the 10 Habits and represent what to eat. These are not the only foods we recommend, rather these are important foods that you should include in addition to the other foods to round your diet out with.

PROTEINS:

1. Lean red meat (93% lean, top round, sirloin)
2. Salmon
3. Omega-3 eggs
4. Low fat, Plain Yogurt (lactose-free if you can find it)
5. Protein Supplements (milk protein isolates, whey protein isolates, or rice protein isolates).

VEGGIES AND FRUITS:

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

OTHER CARBS:

11. Mixed Beans
12. Quinoa
13. Whole Oats

GOOD FATS:

14. Mixed Nuts
15. Avocados
16. Extra Virgin Olive Oil
17. Fish Oil
18. Flax Seeds (ground)

DRINKS/OTHER:

19. Green Tea
20. Liquid Exercise Drinks (quickly digested carbohydrate and protein)
21. Greens+ (vegetable concentrate supplement)