

## Healthy Food Choices

Proteins	Vegetables	Fruits	Nuts/Seeds	Superfoods	Good Fats	Herbs & Spices
Chicken Breast	Asparagus	Apple	Almonds, raw	Cacao Powder	Coconut Oil	Allspice
Salmon	Avocado	Banana	Walnuts, raw	Maca Powder	Olive Oil	Basil
Eggs	Artichoke Hearts	Blueberries	Brazil Nuts, raw	Goji Berries	Avocado Oil	Black Pepper
Flounder	Brussel Sprouts	Lemon	Macadamia Nuts			Cardamom
Snapper	Beets	Mango				Cinnamon
Trout	Broccoli	Pear				Celery Seed
Tuna	Cabbage	Peaches				Garlic
Halibut	Carrots	Pineapple				Ginger
Mackerel	Cauliflower	Raspberries				Curry
Bass	Celery	Strawberries				Oregano
Shrimp	Cucumber					Cilantro
New York Steak	Kale					Nutmeg
Rib Eye Steak	Mixed Greens					Rosemary
Round Steak	Onion					Thyme
Ground Beef	Red Pepper					Garam Masala
Beef Ribs	Spinach					Bay Leaf
Beef Stew	Sweet Potato					Salt
Pork Loin	Tomato					Herbs de Provance
Pork Chop	Yam					Chili Powder
Bacon	Yellow Pepper					Paprika
Lamb Chops	Zucchini					Cumin