

EVERYDAY FOODS

ADDING THESE FOODS INTO YOUR DAILY NUTRITION IS A GREAT WAY TO KEEP PROGRESSING

SALMON

SWEET POTATO

WHITE FISH

OATS

SHELL FISH

NUTS

AVOCADO

OLIVE/COCONUT OIL

DARK CHOCOLATE

VARIETY OF VEGETABLES

EVERYDAY FOODS



YOUR WEEKLY SHOPPING LIST SHOULD BE FILLED WITH THESE FOODS

CHICKEN

LEAN CUT BEEF

LEAFY GREENS

E G G S

BANANA

GREEK YOGHURT

BERRIES

TURKEY

QUINOA

BEANS/LEGUMES