

## SuperFoods Checklist

SuperFood	<i>each SuperFood that you successfully incorporate. Try for variety. Enjoy 😊!</i>						
	M	T	W	TH	F	SAT	SUN
<b>APPLES</b> (pears)							
<b>AVOCADO</b> (asparagus, artichokes, extra virgin olive oil)							
<b>BEANS</b> (pinto, navy, lima, garbanzo, lentils, green beans, sugar snap peas, green peas)							
<b>BLUEBERRIES</b> (grapes, cranberries, boysenberries, raspberries, strawberries, currants, blackberries, cherries, all other varieties of fresh, frozen or freeze-dried berries)							
<b>BROCCOLI</b> (brussels sprouts, cabbage, kale, turnips, cauliflower, collards, bok choy, mustard greens, swiss chard)							
<b>CINNAMON</b> (sage, oregano, thyme, rosemary, fennel, tumeric, caraway, anise, coriander, cumin, tarragon)							
<b>DARK CHOCOLATE</b>							
<b>EXTRA VIRGIN OLIVE OIL</b>							
<b>GARLIC</b> (scallions, shallots, leek, onions)							
<b>HONEY</b>							
<b>KIWI</b> (pineapple, guava)							
<b>LOWFAT or NONFAT YOGURT</b> (kefir, soy yogurt)							
<b>OATS</b> (Wheat germ, flaxseed, brown rice, barley, whole wheat, buckwheat, rye, millet, bulgur wheat, amaranth, quinoa, kamut, yellow corn, wild rice, spelt, couscous)							
<b>ONIONS</b> (garlic, scallions, shallots, leeks, chives)							

SuperFood	<i>each SuperFood that you successfully incorporate. Try for variety. Enjoy 😊!</i>						
	M	T	W	TH	F	SAT	SUN
<b>ORANGES</b> (lemons, white & pink grapefruit, kumquats, tangerines, limes)							
<b>POMEGRANATES</b> (plums)							
<b>PUMPKIN</b> (carrots, butternut squash, sweet potatoes, orange bell peppers)							
<b>SPINACH</b> (kale, collard, swiss chard, arugula, mustard greens, turnip greens, bok choy, romaine lettuce, orange bell peppers, seaweed)							
<b>TEA</b> (black, green, rooibos)							
<b>TOMATOES</b> (red watermelon, pink grapefruit, red papaya, strawberry, guava)							
<b>TURKEY</b> /skinless turkey breast (skinless chicken breast)							
<b>WALNUTS</b> (almonds, pistachios, sesame seeds, peanuts, pumpkin & sunflower seeds, macadamia nuts, pecans, hazelnuts, cashews)							
<b>WILD SALMON</b> (halibut, canned albacore tuna, sardines, herring, trout, sea bass, oysters, clams)							