

The FIT-LIFE 5 Food List (Summary Version)

1 - Proteins

Endless options here...

Almost any fish, chicken, eggs, grass-fed beef, various beans & nuts, high-protein yogurt, lean cheeses

2 - Healthy Fats

Organic butter, olive oil, coconut oil, grapeseed oil, fats from nut butters, Omega's (found in fish, flax seeds, etc)

3 - Fiber (aim for 30 grams or more per day)

You'll get these from all the veggies, salads, beans, fruit and you can always add a boost with organic psyllium husk powder <https://amzn.to/2tTAFNv>

4 - Phytonutrients

These are the powerful (and miraculous) micronutrients that help prevent premature aging and defend us against various diseases and illnesses that are found in:

Veggies, Fruits, Nuts, Beans, Seeds, Teas, Herbs and Spices

5 - Functional Carbohydrates

These are the opposite of processed, mass-produced, white-flour & sugar carbohydrates.

These are all carbs found in beans, certain vegetables (sweet potatoes), quinoa, various rices, sprouted grain bread, certain fruits (banana, apple).

For more helpful awesomeness visit:

www.JoeyAtlas.LIVE