**YOUR NUTRITIONAL LIST**

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| CARBOHYDRATES | **PROTEINS** | **FATS** |
| BLACKBERRIES | **CHICKEN** | **OLIVE OIL** |
| BLUEBERRIES | **SALMON** | **AVOCADO OIL** |
| MANDARINS | **TUNA** | **COCONUT OIL** |
| LEMONS | **TURKEY** | **AVOCADOS** |
| BANANAS | **SARDINES** | **OLIVES** |
| PEARS | **EGGS** | **GROUND CHIA/FLAXSEEDS** |
| DRIED FRUITS | **GREEK YOGURT** | **PUMPKIN SEEDS** |
| QUINOA | **ALMONDS** | **PEANUTS** |
| BROWN RICE | **LENTILS** | **ALMONDS** |
| LENTILS | **HEMP SEEDS** | **PEANUT BUTTER** |
| KALE | **SUNFLOWER SEEDS** | **ALMOND BUTTER** |
| BROCCOLI |  |  |
| TOMATOES |  |  |
| CELERY |  |  |
| CUCUMBERS |  |  |
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