

BERRIES



Berries are full of potassium, magnesium, vitamins C and K, fiber, and prebiotics. They act as potent antioxidants in the body and help fight free radicals. They help to boost immunity and reduce inflammation. Berries can be eaten as a side dish, as a snack, in a smoothie, or as a topping on cereals, salads, and parfaits.

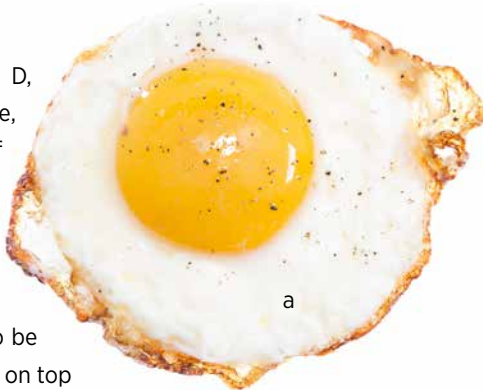
SALMON



Salmon is high in vitamin B-12, choline, potassium, iron, selenium and omega-3 fatty acids. It is also a great source of protein which is necessary for tissue regeneration and regrowth. Salmon can be roasted, grilled, broiled, pan-seared, and can be marinated in a variety of combinations.

EGGS

Eggs are high in vitamins A, D, E, choline, iron, zinc and folate, and are also a good source of protein. Eggs are versatile and can be scrambled, fried, baked, and boiled. They are a great addition to healthy breakfast and can also be boiled and eaten as a snack or on top of a salad.



KALE

Kale is rich in vitamins A, B6, C, K, folate, fiber, carotenoids and manganese. It is very nutrient-dense with few calories, and can be easily added to salads, sandwiches, wraps, omelets, and smoothies.



NUTS AND SEEDS

Nuts and seeds like walnuts, pumpkin seeds, flaxseeds, cashews, chia seeds, hemp seeds, Brazil nuts, and pecans are packed with omega-3s, magnesium, potassium, calcium, iron, zinc, and vitamins B1, B2, B3 and vitamin E. They are healthy fats and are protective against disease, promote bone health, and help fight inflammation.