



M O V E B E T T E R

H E A L T H & F I T N E S S

Fruits:

- Apple
- Bananas
- Blueberries
- Blackberries
- Raspberries
- Strawberries
- Grapefruit
- Grapes
- Kiwis
- Lemon
- Lime
- Oranges

Healthy Fats:

- Almond Butter
- Almonds
- Avocado
- Cashew Butter
- Cashews
- Cheese
- Coconut Oil
- Virgin Olive Oil
- Walnuts

Vegetables & Legumes:

- Asparagus
- Beans
- Broccoli
- Brussel Sprouts
- Cauliflower
- Celery
- Chickpeas
- Cucumber
- Garlic
- Green Beans
- Leafy Greens
- Mushrooms
- Olives
- Onions
- Potatoes
- Sweet Potatoes/Yams
- Sweet corn
- Tomatoes

Extras:

- Agave
- Almond/Coconut Milk
- Coffee
- Green Tea
- Raw Honey

Lean Proteins:

- Chicken Breast
- Cottage Cheese
- Eggs
- Greek Yogurt
- Ground Beef
- Prawns/Shrimp
- Protein Bars
- Protein Powder
- Salmon
- Steak
- Tilapia
- Tofu
- Tuna
- Turkey

Carbohydrates/Grains:

- Brown Rice
- Chia Seeds
- Couscous
- Ezekiel Bread
- Flax Seeds
- Oatmeal
- Potatoes
- Quinoa
- Rice Cakes