



# 100 Best Foods You Can Eat

## Vegetables

Alfalfa sprouts  
Asparagus  
Beets  
Bell peppers  
Broccoli  
Brussel sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collard greens  
Corn  
Cucumbers  
Eggplant  
Garlic  
Green beans  
Kale  
Lettuce greens  
Mushrooms  
Mustard greens  
Onions

Parsnips

Peas  
Pumpkin  
Spinach  
Squash  
Sweet potatoes  
Swiss chard  
Tomatoes  
Zucchini

## Fruit

Apples  
Apricots, dried  
Bananas  
Blueberries  
Cantaloupe  
Cherries  
Cranberries  
Dates  
Grapefruit  
Grapes  
Honeydew

Kiwifruit

Lemons/Limes  
Mango  
Nectarines  
Oranges  
Papaya  
Peaches  
Pears  
Pineapple  
Plums  
Pomegranates  
Prunes  
Raisins  
Raspberries  
Strawberries

## Grains/Legumes

Barley  
Brown rice  
Buckwheat  
Millet  
Oats

Pasta, whole grain

Quinoa  
Rye  
Spelt  
Whole wheat  
Dried beans/Peas

## Protein

Cod  
Halibut  
Salmon, Alaskan  
Sardines  
Tuna, tongol  
Beef, grass fed  
Chicken/Turkey  
Lamb  
Venison  
Rice protein powder  
Whey protein powder  
Eggs, omega 3  
Dairy, skim/lowfat:  
• milk, cow's/goat's  
• yogurt/kefir, plain  
• cheese/cot. cheese

## Fats

Almonds  
Almond butter  
Avocados  
Cashews  
Coconut oil, virgin  
Flaxseeds  
Olives  
Peanut butter  
Pumpkin seeds  
Sesame seeds  
Sunflower seeds  
Tahini  
Walnuts

## Herbs & Spices

Basil  
Cayenne/Chili pepper  
Cilantro/Parsley  
Cinnamon

Cumin

Dill  
Ginger  
Mint  
Mustard seeds  
Oregano  
Rosemary  
Thyme  
Turmeric

## Natural Sweeteners

Agave nectar  
Blackstrap molasses  
Honey, raw  
Maple syrup, pure  
Xylitol/Stevia

## Liquids

Tea, herbal/green  
Water, purified

**Real Results. Real Fast. Guaranteed.**

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