

# WHOLE FOOD NUTRITION

## MACRONUTRIENTS CARBOHYDRATES

Fruits, Potatoes, Squash, Root Vegetables, Popcorn (plain), Bananas, Brown rice, Mangoes, Gluten-Free Oats, Quinoa, Beans, Beets, Dates, and Buckwheat (which is actually a seed, not wheat).

## PROTEIN

Deli Meat, Eggs, Protein Powder, Pork Tenderloin, Nonfat Dairy, Bone Broth, Seafood, White-Meat Poultry, Beans, Soy, Lean Beef, Protein on the go like JP Complete Bars and Shakes, and Protein for Breakfast.

## FAT

Extra Virgin Olive Oil, Coconut Oil, Olives, Eggs, Avocado, Nuts, Nut Butters, Chia Seeds, Mayonnaise, Butter/Ghee, Bone Marrow, Fish Oil, Flaxseeds, Hemp Hearts, Salad Dressing, Dark Chocolate, Almond Flour, Sesame Oil, Fatty Fish Salmon, Trout, Mackerel, Sardines, and Herring.

## MICRONUTRIENTS VITAMINS & MINERALS

Fruits & Vegetables: Seaweed, Celery, Carrots, Cucumbers, Zucchini, Cauliflower, Mushrooms, Cabbage, Radishes, Pickles, Blueberries, Strawberries, Blackberries, Raspberries, Lemon/Lime, and Sprouts.

This is not a comprehensive list.