

EVERYDAY SUPERFOODS TO SUPPORT YOUR JOURNEY.

We created this list not based on fads or foods that travel across the world, but foods that you most likely have in your kitchen and you can easily add to your diet.



Cinnamon

Cinnamon not only has a sweet and mellow flavor, it also has the ability to regulate your blood sugar, which is an important part of the weight loss process. Generously sprinkle cinnamon on your oatmeal, pancakes, add it to your smoothie or to sweeten up your savory dishes just a little bit.



Lemons

Lemons are naturally detoxifying and have an alkalizing effect on your body. Squeeze fresh lemon juice onto your dressings, your water or add to your fish just before serving.



Green Tea

Green tea extract has been shown to create a considerable increase in energy expenditure, plus has a positive effect on fat breakdown. Researchers think that this may be due to the theanine in the green tea rather than the caffeine—theanine is an amino acid that is helpful for brain balance, fatigue, and both physical and mental energy. So try to drink a hot cup of Green Tea instead of your morning cup of Joe.



Flaxseeds

Flaxseeds are high in fiber, antioxidant properties, and omega 3s. They are also affordable and easy to get. Buy them whole and grind them before adding them to your breakfast or smoothie.



Ginger and Turmeric

These are natural anti-inflammation spices that support digestion, and help regulate your immune system. The healthier your gut is, the healthier you'll be. You can drink them as a tea or add them to your food as spices.