



Nutrition Plan For Success

Foods To Eat:

Proteins	Fats	Carbohydrates
Fish	Nuts	Vegetables
Chicken	Olive Oil	Fruits
Turkey	Coconut Oil	Brown Rice
Eggs	Avocados	Oats
Beef	Chia seeds	Beans

Suggestions:

Green Leafy Vegetables, Kale, Chaya, Broccoli, cilantro, onions, garlic, carrots, peppers, sweet potatoes, apples, mangos, pineapple, bananas, nopal, oranges, grapefruits, cantaloupes, papaya, beets, celery, coconut, guayaba, jackfruit, limes, cinnamon, honey...

- Healthy whole grains and legumes like lentils, oats, brown rice, quinoa, barley, black beans, pinto beans, etc.
- Lean, clean proteins like wild fish, pastured poultry, free-range eggs and grass-fed beef.
- Healthy fats like cold processed coconut oil, olive oil, avocados, raw nuts, olives, flaxseeds, chia seeds, etc.

Bee products like raw honey, propolis, and bee pollen are also amazing super foods because of all the health benefits. Honey is the only truly natural sweetener because bees make it.

Foods To Avoid:

Desserts, Sugary Drinks, Ice Cream, Cake, Pastries, Donuts, Candies, White Breads, White Flour, White Sugar, Hydrogenated Oils(Trans Fats)