

SUPERFOODS

MY FAVES



ENERGIZERS

MY FAVES

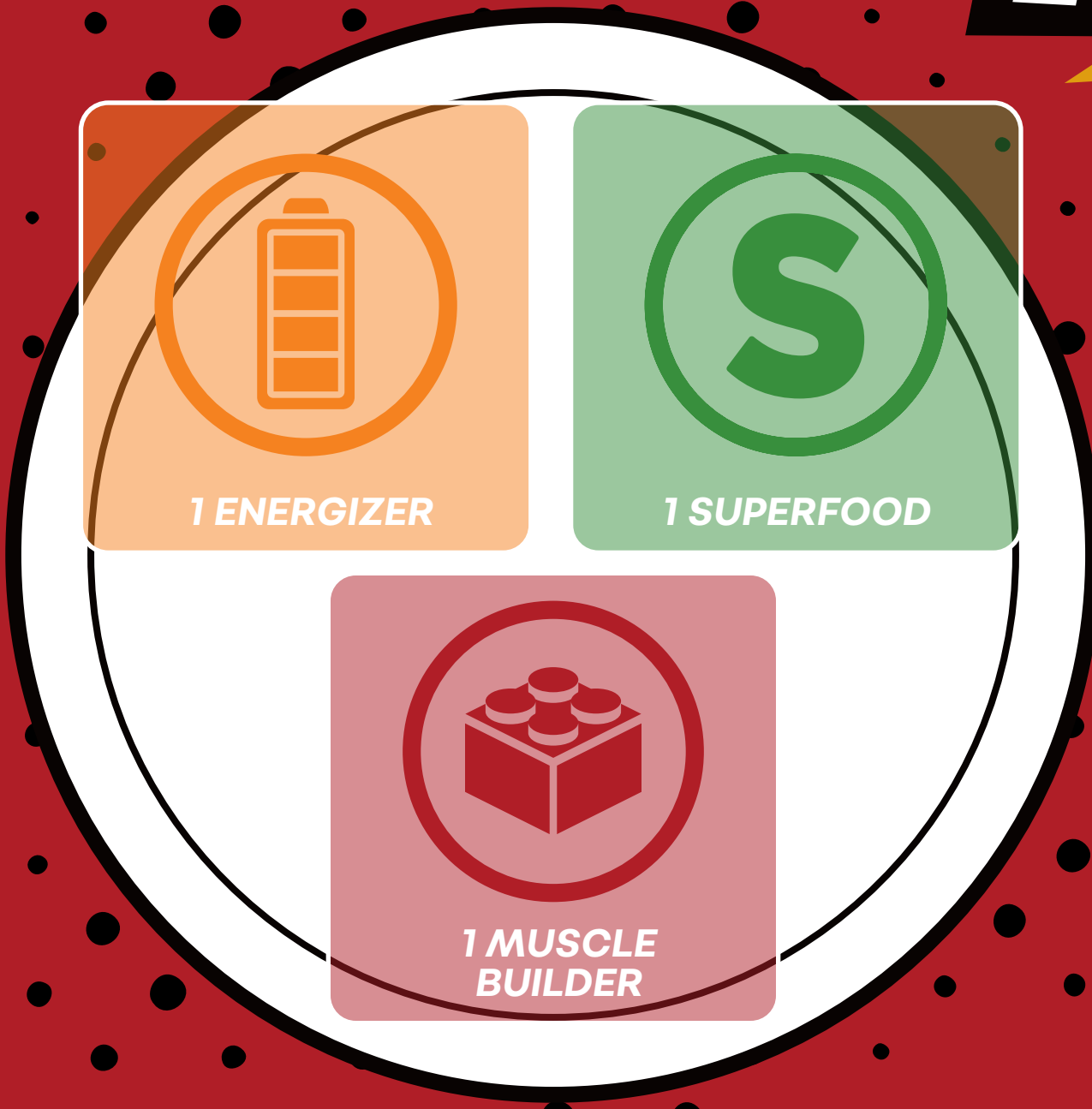


MUSCLE BUILDERS

MY FAVES



EAT 1 UP





Superfood 1



Carrots



Superfood 1



Zucchini



Superfood 1



Tomatoes



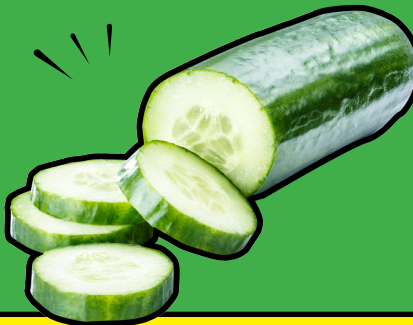
Superfood 1



Broccoli



Superfood 1



Cucumber



Superfood 1



Green Peas



Superfood



String Beans



Superfood



Peppers



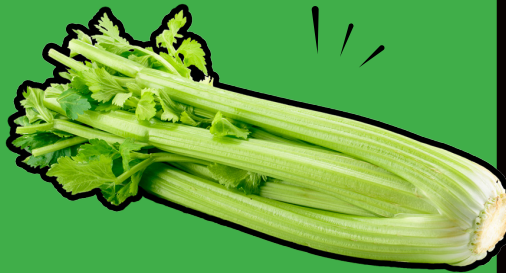
Superfood



Leafy Greens



Superfood



Celery



Superfood



Almond Milk



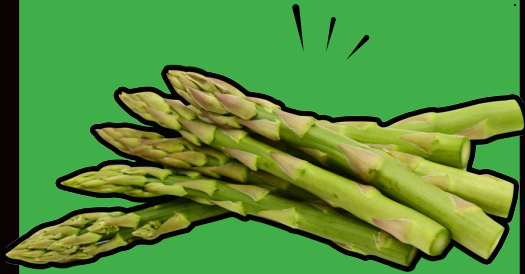
Superfood



Brussels Sprouts



Superfood



Asparagus



Superfood



Cauliflower



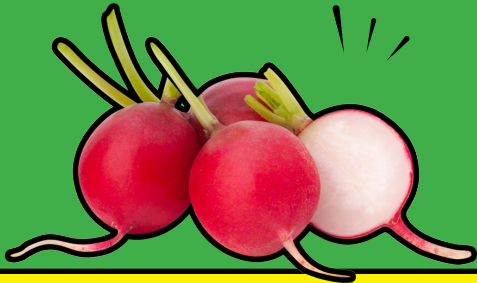
Superfood
Muscle Builder



Almonds



Superfood



Radishes



Superfood



Olives



Superfood



Mushrooms



Superfood



Broccoli



Superfood



Avocado



Superfood



Ginger



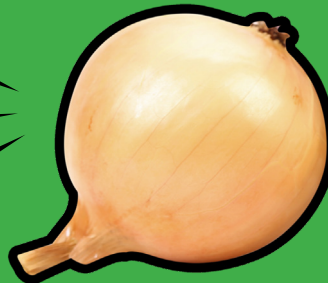
Superfood



Garlic



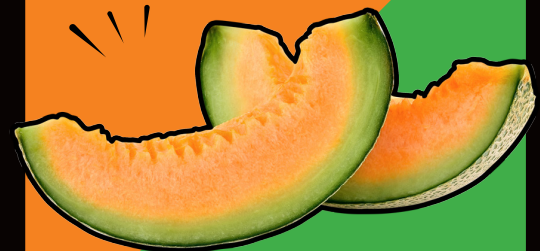
Superfood



Onion



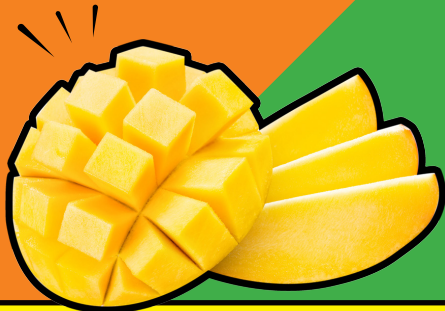
**Energizer
Superfood**



Cantaloupe



**Energizer
Superfood** 



Mango



**Energizer
Superfood** 



Berries



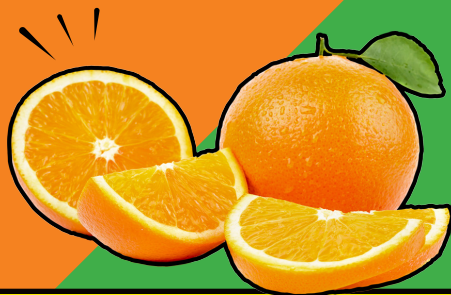
**Energizer
Superfood** 



Apple



**Energizer
Superfood** 



Oranges



**Energizer
Superfood** 



Kiwi



**Energizer
Superfood** 



Grapes



Energizer Superfood 1



Raisins



Energizer Superfood 1



Dates



Superfood Muscle Builder 1



Pumpkin Seeds



Superfood Muscle Builder 1



Peanut Butter



Energizer 1



Potatoes



Energizer 1



Sweet Potatoes



Energizer



Brown Rice



Energizer



Wild Rice



Energizer



Corn



Energizer



Bread



Energizer



Oats



Energizer



Whole Grain Cereal



Energizer



Pasta



Muscle Builder



Tofu



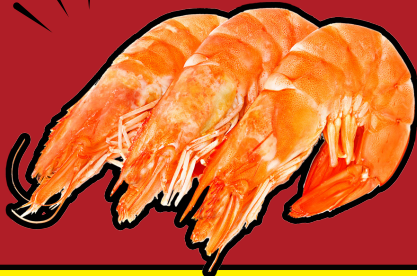
Muscle Builder



Eggs



Muscle Builder



Shrimp



**Energizer
Muscle Builder**



Lentils



**Energizer
Muscle Builder**



Cow's Milk



Muscle Builder 1



Tuna



Muscle Builder 1



Canned Salmon



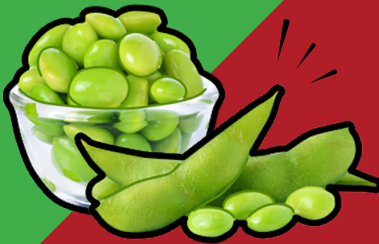
Muscle Builder 1



Salmon Steak



Superfood
Muscle Builder 1



Edamame Beans



Muscle Builder 1



White Fish



Energizer
Muscle Builder 1



Black Beans



Energizer
Muscle Builder



Chickpeas



Muscle Builder



Chicken Breast



Muscle Builder



Steak