

FOOD THAT FUEL: LOWER TOWN'S SHOPPING LIST

These are some foods that will fuel your body to perform and look at its best!



FRUIT & VEG.

Broccoli	Frozen Mixed Berries
Spinach	Lemons
Kale	Avocados
Sweet Potato	Bananas
Carrots	Tomatoes
Oranges	Young Coconuts



NUTS & SEEDS

Almonds
Pepitas
Brazil Nuts
Chia Seeds
Sesame Seeds
Quinoa
Buckwheat

DAIRY & EGGS

Full Fat Natural Yogurt
Free Range Eggs
Raw Whey Protein
Pea & Brown Rice Protein
Feta



MEAT & POULTRY

Grass Fed Beef
Chicken
Pork
Seafood Such as Salmon
Free Range Chicken
Free Range Pork
Canned Tuna



OTHER

Tahini
Peanut Butter
Tinned Tomatoes

Basil Pesto
Coconut Oil
Cumin

Paprika
Ground Coriander Seed
Coriander Parsley Basil Chives

Dulce Flakes
Honey

