

# FOOD EXPLORATION

Instead of removing foods from your diet, add fresh fruits, vegetables, quality proteins, and complex carbs to what you already love.

Whole/minimally processed foods provide better absorption than supplements and give your body sustained energy.

Circle at least 3 items in each category that you like or are willing to try:

## PROTEINS:

Beans  
Beef  
Bison  
Cheese  
Chia seeds  
Chicken  
Chickpeas  
Cottage cheese  
Crab  
Duck  
Edamame  
Eggs  
Fish  
Greek yogurt  
Hazelnuts  
Hemp seeds  
Lamb  
Lentils  
Milk  
Nuts  
Nut Butters  
Octopus  
Pork  
Pumpkin seeds  
Ricotta cheese  
Shellfish  
Seitan  
Spirulina  
Sunflower seeds  
Tempeh  
Tofu  
Turkey

## FRESH VEG:

Arugula  
Asparagus  
Beets  
Bell peppers  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collard greens  
Corn  
Cucumbers  
Fennel  
Green beans  
Iceberg lettuce  
Kale  
Mushrooms  
Parsnips  
Peas  
Pumpkin  
Radishes  
Romaine lettuce  
Snow peas  
Spinach  
Squash  
Sugar snap peas  
Swiss chard  
Turnips  
Yams  
Zucchini

## FRESH FRUIT:

Apples  
Apricots  
Avocado  
Bananas  
Blackberries  
Blueberries  
Cantaloupe  
Cherries  
Dragonfruit  
Grapefruit  
Grapes  
Guava  
Honeydew melon  
Kiwi  
Lychee  
Mango  
Nectarines  
Oranges  
Papaya  
Passionfruit  
Peaches  
Pears  
Persimmons  
Pineapple  
Plums  
Pomegranates  
Prickly Pear  
Quince  
Raspberries  
Starfruit  
Strawberries  
Tomatoes  
Watermelon

## COMPLEX CARBS:

Amaranth  
Barley  
Buckwheat  
Bulgur  
Cassava  
Farro  
Granola  
Grits  
Millet  
Muesli  
Multigrain cereal  
Oats  
Parsnips  
Plantains  
Popcorn  
Potatoes  
Purple rice  
Quinoa  
Rice  
Rye  
Sweet potatoes  
Wheat berries  
Whole-wheat bread  
Whole-grain bread  
Whole-grain  
crackers  
Whole-grain flour  
Whole-grain pasta