

# 21 Super Foods

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Here is a list of tasty, nutrient-packed “superfoods” to help you make good decisions when fueling your body. Try to eat a serving of these foods when you refuel!

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## Protein

1. Lean Red Meat
2. Salmon
3. Omega-3 Eggs
4. Low-fat, plain yogurt (lactose-free)
5. Protein supplements (milk protein isolates, whey protein isolate, rice proteins)

## Veggies and Fruit

1. Spinach
2. Tomatoes
3. Cruciferous Veggies (broccoli, cabbage, kale, cauliflower)
4. Mixed Berries
5. Oranges

## Other Carbs

1. Mixed Beans
2. Quinoa
3. Whole Oats

## Fats

1. Mixed Nuts
2. Avocados
3. Olive Oil
4. Fish Oil
5. Seeds

## Drinks

1. Green or Black Tea
2. Protein Shakes (Low Sugar)
3. Greens
4. Low Sodium, Low Sugar Veggie Juice Mix