

Reduce Stress &

FEEL GOOD

Highlighted Foods:

Grains:

whole wheat pasta, whole wheat bread, bulgur, buckwheat, popcorn, brown rice, quinoa, any other whole grain

Fruits:

cherries, grapefruit, plums, peaches, strawberries, blueberries, apples, pears, bananas, mangoes, oranges, avocado

Vegetables:

sweet potatoes, peas, corn, leafy greens, carrots, tomatoes and other non-starchy vegetables, spinach, green beans, broccoli

Proteins:

salmon, mackerel, low fat milk, low fat yogurt, seafood, fish, lean pork, beans of any kind, turkey, soy products, nuts and nut butters, lentils

Other:

water, flax, dark chocolate (small amounts), olives and olive oil