

# Metabolism-Supporting Plate

## Healthy Fats

Olive oil, grape seed oil,  
walnut oil, avocado oil



## Vegetables

Asparagus, bell peppers [all colors], bok choy, Brussels sprouts, broccoli, cabbage, carrots, cauliflower, celery, cucumbers, garlic, ginger root, leafy greens, leeks, mushrooms, onions, squash, sweet potatoes, tomatoes, turmeric.



## Fruits

Citrus: orange, lemon, lime, grapefruit  
Tropical fruits: kiwi, pineapple, mango, papaya  
Berries: blackberry, blueberry, raspberry, strawberry  
Other: apple, avocado, grapes



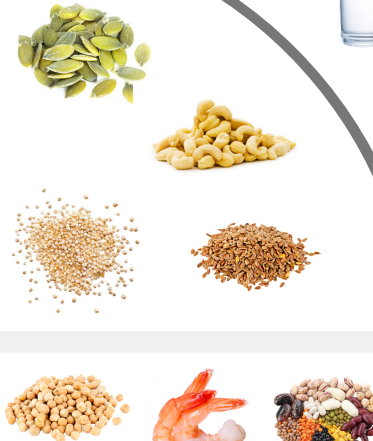
## Water & Other Beverages



Water, green and black teas,  
unsweetened beverages

## Whole Grains, Seeds, & Nuts

Cashews, almonds, peanuts,  
pine nuts, pumpkin seeds,  
Brazil nuts, walnuts, quinoa,  
chia seeds, hemp seeds, flax  
meal, oats, barley, brown rice



## Protein

Wild salmon, fatty fish, shellfish,  
grass-fed beef, lamb, legumes  
and beans, pastured eggs,  
chicken, yogurt



Be Active