

FRESH

- Citrus fruits (oranges, grapefruits, lemons)
- Berries (strawberries, blueberries, mixed berries)
- Spinach / Kale
- Head of broccoli
- Cucumber
- Celery
- Watercress
- Asparagus
- Sweet potatoes

DRY GOODS

- Herbal Tea (Green Tea/Rooibos Tea)
- Whole oats
- Basmati rice

PROTEIN

- Legumes (lentils, beans, split peas)
- Skinless chicken
- Venison
- Fish

SNACKS

- Apples
- Mixed nuts
- Full fat yogurt
- Flax seeds
- Cottage cheese
- Red bell pepper
- Guacomole

NOTES
