

# COMPLETE LIST OF MACRONUTRIENTS

## COMPLEX CARBOHYDRATES

Organic Brown Rice  
Organic Sweet Potatoes/Yams  
Organic Quinoa (pre-washed) \*\*  
Organic Lentils  
Organic Shirataki Spaghetti  
Organic Beans  
Organic Amaranth \*\*  
Organic Kamut  
Organic Freekah  
Organic Rolled Oats \*  
Organic Barley \*  
Organic Black Rice  
Organic Couscous  
Organic Waxy Maize\*\*\*

\* contains Beta Glucan ( $\beta$ -glucan). A soluble, indigestible, fiber readily available from oat and barley grains. It aids in the reduction of SHBG, LDL cholesterol, triglycerides, hypertension (abnormally high blood pressure), obesity (metabolic syndrome) and the risk of type 2 diabetes. Beta glucan also improves insulin sensitivity as well as regulation of glucose both in diabetic and non-diabetic individuals.

\*\* Gluten free

\*\*\* Gum-base plant or amylopectin. It is a starch that helps replenish muscle glycogen, which is the type of sugar used by the muscles for fuel. Also makes you feel full, so there's no need to consume food prior to exercising or competing. Leads to increased blood volume causing vascularity which provides the appearance of a leaner physique.

## HEALTHY FATS

Organic Macadamia Nuts  
Organic Pecans  
Organic Brazil Nuts  
Organic Unsalted Raw Shelled Peanuts+  
Organic Walnuts  
Organic Sunflowers Seeds  
Organic Avocados/Guacamole  
Organic Cacao  
Organic Flax Seeds  
Organic Chia Seeds  
Organic Pumpkin Seeds  
Organic Psyllium Seed Husks  
Organic Almonds  
Organic Hummus  
Organic Coconut Oil  
Organic Coconut Butter  
Organic Nut Butter  
Organic MCT Oil  
Organic Fava Beans

+ Bake on 350 degrees for 20 minutes for a delicious oil free roasted taste

# COMPLETE LIST OF MACRONUTRIENTS

## **LEAN PROTEINS**

Organic Grass-Fed Beef  
Organic Free-Range Chicken  
Organic Pork  
Organic Turkey  
Organic Roast Beef  
Organic Lamb  
Organic Bison  
Wild Boar  
Ostrich  
Organic Venison  
Wild Caught Alaskan/Washington Salmon\*  
Wild Caught Canned Salmon – Alaska, Washington\*  
Wild Caught Sockeye Salmon – Washington, Alaska\*  
Wild Caught Rainbow Trout – Lake Superior Minnesota\*  
Wild Caught Blue Mussels – Maine, Rhode Island, Massachusetts, New York\*  
Wild Caught Pacific Sardines – US, Canada\*  
Wild Caught Mackerel - Atka/Atlantic/Atlantic Spanish \*  
Wild Eastern Oysters – Alabama, Mississippi, Florida, Texas\*  
Wild Caught Red/King/Snow/Blue Crab – Alaska, Australia, Chesapeake Bay\*  
Wild Caught Alaskan/Canada Nova Scotia Shrimp\*  
Wild Caught Blue Catfish – US Chesapeake Bay\*  
Wild Caught Sole – Alaska, California\*  
Wild Caught Pacific Cod – Alaska, Bering Sea, Aleutian Islands\*  
Wild Caught Clams – except US Atlantic\*

\* Low in mercury (under 20% of recommended weekly mercury allowance)