Wellness GARAGE

Optimal Foods

The healthiest diet is one that's made up of whole foods that haven't been altered or processed in any way. Limit foods that come from a package or contain additives, added sugars or preservatives. Read food labels closely, prioritize quality (especially when it comes to animal products), and choose organic as much as possible.

- **Whole Food Carbohydrates:**
  - A variety of fruit: Apples, kiwis, berries, cherries, grapes, bananas, pomegranates, avocado, coconut, lime, lemon, orange, grapefruit, pears, etc.
  - A variety of vegetables: Broccoli, carrots, bell peppers, red onions, mushrooms, asparagus, cauliflower, brussels sprouts, yams, sweet potatoes, zucchini, squash, celery, cucumber, green beans, kale, chard, spinach, collards, lettuce, etc.
  - Grains: Brown rice, quinoa, millet, wild rice, amaranth, sprouted wheat bread, rolled oats, steel cut oats, buckwheat
- **Protein Sources:**
  - Animal Protein: Grass-fed beef, pasture raised chicken, turkey, hormone-free pork, wild salmon, fish and shellfish, sardines, eggs, whey protein, organic yogurt
  - Plant protein: Beans of all kinds, lentils, chickpeas, tofu, tempeh, edamame beans, nuts of all kinds, peas, vegan protein powders, hemp seeds, chia seeds, pumpkin/sesame/sunflower seeds
- **Healthy Fats:**
  - Oils: Olive oil, coconut oil, avocado oil, flax oil, organic butter, ghee
  - Fatty foods: Avocados, almonds, walnuts, cashews, hemp seeds, sunflower seeds, pecans, pumpkin seeds, nut butters, olives, tahini, chia seeds
- **Other:**
  - Spices and seasonings: Garlic, ginger, curry, turmeric, cinnamon, oregano, thyme, sage, cayenne, dijon mustard, tamari sauce, apple cider vinegar
  - Fermented Foods: Raw sauerkraut, kombucha, kimchi, tempeh, kefir, miso, apple cider vinegar
  - Sweeteners (in moderation): Coconut sugar, maple syrup, stevia, dates, raw honey
  - Green tea, matcha, herbal teas like peppermint, chamomile, rooibos
  - Dairy alternatives: Almond milk, coconut milk, cashew milk, coconut yogurt, coconut coffee creamer