

Burst! Foods

Take the Challenge: For the next six weeks, increase the amount of these foods in your daily diet. Watch what happens!

Non-Starchy Vegetables	Lean Protein	Whole Grains	Fruit	Healthy Fats
Artichokes	Beans and Lentils	Barley	Apples	Almond Butter
Arugula	Beef	Black Rice	Apricots	Avocado Oil
Asparagus	Chicken	Bread/Pita/Tortilla/ Crackers/Pasta	Bananas	Avocados
Beets	Cottage Cheese	Ezekiel	Blackberries	Coconut Oil (organic extra-virgin)
Bok Choy	Eggs (Omega-3)	Gluten Free	Blueberries	Fish Oil (extra-virgin)
Broccoli	Feta Cheese	Multigrain	Cantaloupe	Flax Oil
Brussels Sprouts	Fish:	Sprouted	Cherries	Grape Seed Oil
Cabbage	Halibut	Whole Wheat	Coconut	Olives
Carrots	Herring	Brown Rice	Cranberries (raw)	Olive Oil (extra-virgin)
Cauliflower	Sardines	Buckwheat	Goji Berries	
Celery	Tilapia	Bulgur	Grapefruit	
Collard Greens	Trout	Cereal (organic low sugar)	Grapes (red)	
Cucumbers	Tuna	Cornmeal (organic)	Kiwi	
Eggplant	Wild Salmon	Couscous	Lemons	
Fennel	Greek Yogurt (nonfat)	Millet	Mangoes	
Green Beans	Lamb	Oats (steel-cut)	Nectarines	
Jicama	Milk (nonfat)	Popcorn (no butter or salt)	Oranges	
Kale	Nuts & Seeds:	Quinoa	Papayas	
Leeks	Almonds	Wild Rice	Peaches	
Lettuce	Brazil Nuts		Pears	
Okra	Cashews		Plums	
Onions	Chia		Pomegranates	
Pea Pods	Flax		Raspberries	
Peppers (all varieties)	Hazelnuts		Strawberries	
Radishes	Macadamias			
Sea Vegetables	Pecans			
Snap Peas	Pine Nuts			
Spinach	Pistachios			
Squash	Pumpkin			
Tomatoes	Sesame			
Water Chestnuts	Sunflower			
Watercress	Walnuts			
Zucchini	Oysters			
	Shrimp			
	String Cheese			
	Tofu			
	Turkey			
	Whey Protein			