



Balancing Nutrition
Tu cuerpo en Equilibrio

Vegetables:

Asparagus, peas, artichoke , sweet potatoes , okra, onions , broccoli, carrots, courgettes, pumpkin, eggplant ,cabbages, cauliflower, leak, cucumber , pepper, celery , tomatoes, mushrooms, radish, garlic, green beans of all sorts...

Fats:

Oils: olive, coconut, avocado , hempseed, MCT, grape seed oil.

Seeds: sunflower, pumpkin , linseed, chia, hemp

Nuts: walnut, pecan, almonds , Brazil, hazelnuts , pine nuts, cashews, pistachios , macadamias

Cheese and other dairy: well cured cheese such as manchego, Parmesan, cured gouda. Ghee, butter (eco), cream 38%, mozzarella.

Tahini, cashew cream, almond butter, coconut butter, coconut cream, peanut butter

Leafy greens:

Parsley , cilantro, rucola, lettuce, spinach, celery, kale, chard, sprouts of kale, broccoli, radish, sunflower...

Animal proteins (preferably organic or of high quality):

Chicken, turkey, beef, lamb, pork- not the lean parts. Eggs

Salmon, sardines, halibut, mackerel, dennis , locus, herring, shrimps, squid, clams...

Vegetable proteins (complete proteins are a combination of legumes and grains):

Dried peas, garbanzo, B-road beans, dried beans (aduki, white, kidney...), lentils of all colours

Useful grains (contain carbs so best to eat at the end of the meal)

Wild black rice, buckwheat, amaranth, millet, teff, quinoa, oatmeal