

# CENEGENICS® FOOD DIAMOND

## NUTS & SEEDS

(Almonds, Walnuts, Pine Nuts, Pecans, Ground Flax Seeds, Pumpkin Seeds, Sesame Seeds)

## OLIVES

AVOCADO

OLIVE OIL  
SESAME OIL  
GRAPESEED OIL  
CANOLA OIL  
COCONUT OIL

BRUSSELS SPROUTS  
ARTICHOKE  
YELLOW SQUASH  
ENDIVE  
CARROTS  
OKRA  
RADISHES  
MUSHROOMS

BROCCOLI  
CAULIFLOWER  
GREEN BEANS  
TOMATOES  
DARK GREEN LEAFY  
ASPARAGUS  
CABBAGE  
CUCUMBERS  
ZUCCHINI  
ONIONS

## HEALTHY FATS

Use Strategically

## FRESH VEGETABLES

Organic, Cooked & Raw



NON ANIMAL SOURCES:  
TOFU  
SOYBEANS  
MUNG BEANS  
TEMPAH  
SEITAN  
QUINOA

FRESH WATER FISH  
SHELLFISH  
POULTRY  
(free range, hormone free)  
MEAT  
(grass fed, hormone free)  
EGGS  
(omega 3 enriched)  
LOWFAT DAIRY

APPLES, PEARS, BERRIES  
CITRUS, PLUMS, PEACHES  
GRAPES, CHERRIES

DRIED FRUITS:  
APRICOTS, GOJI BERRIES  
PRUNES

GRAINS:  
QUINOA  
WHEAT GERM  
BARLEY  
BULGAR CRACKED WHEAT  
BROWN RICE  
STEEL CUT OATS

LEGUMES:  
SOYBEANS  
MUNG BEANS  
GARBANZO BEANS  
LIMA BEANS  
LENTILS

## ALL LEAN PROTEIN

Certified Organic, Hormone Free, Free Range

## FRESH FRUITS

Organic

## GRAINS & LEGUMES

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BOCA RATON

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