

CENEGENICS® FOOD DIAMOND

NUTS & SEEDS

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

OLIVES

AVOCADO

HEALTHY FATS

Use Strategically

OLIVE OIL

SESAME OIL
GRAPSEED OIL
CANOLA OIL
COCONUT OIL

BRUSSELS SPROUTS

ARTICHOKES
YELLOW SQUASH
ENDIVE
CARROTS
OKRA
RADISHES
MUSHROOMS

FRESH VEGETABLES

Organic, Cooked & Raw

BROCCOLI

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



WATER

Drink plenty of water during exercise.



NON ANIMAL SOURCES:

TOFU
SOYBEANS
MUNG BEANS
TEMPAH
SEITAN
QUINOA

ALL LEAN PROTEIN

Certified Organic, Hormone Free, Free Range

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

FRESH FRUITS

Organic

DRIED FRUITS:

APRICOTS, GOJI BERRIES
PRUNES

GRAINS:

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

GRAINS & LEGUMES

LEGUMES:

SOYBEANS
MUNG BEANS
GARBANZO BEANS
LIMA BEANS
LENTILS



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