

GROCERY CHECKLIST

Top 7 Superfoods

You've dug into the best superfoods to ensure you're operating at your best. We created this PDF guide you can take with you to the grocery store to remind yourself of what to grab before checkout!

 BLUEBERRIES

STEVE'S TIP: Use frozen blueberries for a delicious morning or post workout smoothie to pack a powerful punch.

 **EGGS**

STEVE'S TIP: Look for high quality, Omega 3 eggs when possible for extra quality.

 **AVOCADO**

STEVE'S TIP: Gonna eat them tonight? Look for soft ones, if later this week then go more firm.

 **ALMONDS**

STEVE'S TIP: Buy a bunch of bags and leave some in your office, at home or even in your car for a quick snack.

 **KALE**

STEVE'S TIP: Definitely go for organic here, if possible.

 **COCONUT**

STEVE'S TIP: Endless options, but keep it simple. Use coconut oil for cooking, or coconut butter for a snack you can eat on the run!

 **SALMON**

STEVE'S TIP: Be careful with farmed salmon – depending on your budget, opt for the higher quality instead.

