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# Superfoods & Micronutrient Dense Ingredients

Print this, bring it to the store and put em' in your cart!

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*Clean Food Dirty Girl*  
eat . more . plants

THE FOOD YOU EAT HAS THE POWER TO CHANGE  
YOUR ENTIRE LIFE. NEVER FORGET THAT

- ☐ Collard greens
- ☐ Kale
- ☐ Cabbage
- ☐ Brussels sprouts
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Bok choy
- ☐ Onions (red, yellow & green)
- ☐ Mushrooms (all types are great)
- ☐ Berries
- ☐ Spinach
- ☐ Garlic
- ☐ Romaine lettuce and other lettuces
- ☐ Celery
- ☐ Cucumber
- ☐ Tomato
- ☐ Snow peas
- ☐ Carrots
- ☐ Beets
- ☐ Chard
- ☐ Broccoli sprouts (or any variety of sprout)

- ☐ Arugula / Rocket
- ☐ Ginger
- ☐ Green beans
- ☐ Artichokes
- ☐ Leeks,
- ☐ Fennel
- ☐ Asparagus
- ☐ Sweet potatoes
- ☐ Red bell peppers
- ☐ Eggplant
- ☐ Avocado
- ☐ Pomegranate and other fresh fruits
- ☐ Hemp seeds
- ☐ Chia seeds
- ☐ Sesame seeds
- ☐ Cashews
- ☐ Walnuts
- ☐ Almonds
- ☐ Beans (all varieties)
- ☐ Split peas
- ☐ Lentils
- ☐ Cauliflower