



# Good Food to Increase!

Eat to Thrive! Start exploring  
these ingredients to feel  
healing and energizing  
benefits



# Snacks

- Raw Almonds, Pumpkin seeds, & Cashews w/ raisins and Cacao nibs
- Dried Fruits and Fruit bowls (Great at any temperature)
- Smoothies
- ☆Black Mission Figs ☆
- Pumpkin Seeds

Eat for Balance & Eat for Fertility







- Coconut / Coconut milk
- Grapeseed Oil (Smoothies and Dressings)
- Coconut oil (Smoothies and cooking)
- Red and Yellow Spices in addition to Herbs
- Turmeric
- Cacao
- Maca
- Sea Moss seaweed
- Black Mission Figs ☆
- Pumpkin Seeds
- Raw Almonds/ Cashews / Pecans
- Brussel sprouts
- Parsley

- Cilantro
- Red /Green kale
- Mustard greens
- Red / Green Cabbage
- Red Onion
- Orange/Red/ Yellow Bell peppers
- Zucchini and Squash
- Raw grape Tomatoes
- Romaine Lettuce
- Quinoa
- Chickpeas & Chickpea Pasta
- Pink salt / Sea salt