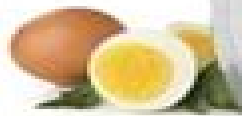


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CHIA SEEDS	AVOCADO	BLUEBERRIES	SALMON	BEANS	BROCCOLI
- omega 3 fatty acids -high fiber content -protein -calcium -antioxidants -Phosphorus	-high fiber content -beta carotene -potassium -vitamins C, E, K, and B6 -omega-3 fatty acids	- high in soluble fiber - high in antioxidants -vitamin C -vitamin K -manganese	-rich in omega-3 fatty acids - selenium -vitamin B12 -potassium -B vitamins	-high fiber content -protein - iron -antioxidants -complex carbohydrates	-high in protein - fiber - high in vitamins C, K, A, and B
					
TOMATOES	KALE	NUTS	EGGS	SPINACH	
-folate -antioxidants -vitamin C -potassium -vitamin K	-vitamins A -folate -vitamin B6, C, K -fiber -carotenoids - manganese	-vitamin E -magnesium -phosphorous -copper -manganese -selenium -vitamin B6 -niacin	- vitamin D -Omega 3 fatty acids -folate -Vitamin B2 -vitamins A, E, B5, B12 -iron	-high in iron -rich sources of vitamins A, C, and K -iron -calcium -potassium -magnesium	

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