



# THE BOOK OF Yogurt



## Super Foods Eaten This Week

M	T	W	T	F	S	S	SuperFood	Sidekicks
							Apples	Pears
							Avocado	Asparagus, Artichokes, Extra Virgin Olive Oil
							Beans	Lentils, Green Peas, Sugar Snap Peas, String Beans, Garbanzos
							Blueberries	Purple Grapes, Cranberries, Boysenberries, Raspberries, Strawberries, Fresh Currant, Blackberries, Cherries
							Broccoli	Brussels sprouts, Cabbage, Kale, Turnips, Cauliflower, Collards
							Chocolate (dark)	
							Cinnamon	
							Fruits (dried)	
							Garlic	Scallions, Shallots, Leeks, Onions
							Honey	
							Kiwi	Pineapple, Guava (any variety)
							Oats	Brown Rice, Barley, Wheat, Buckwheat, Rye, Millet, Bulgur, Wheat, Amaranth, Quinoa, Triticale, Kamut, Yellow Corn, Wild Rice, Spelt, Couscous
							Olive Oil (EV)	Canola Oil
							Onions	Garlic, Scallions, Shallots, Leeks, Chives
							Oranges	Lemons, Grapefruit, Kumquats, Tangerines, Limes
							Pomegranates	Plums
							Pumpkin	Carrots, Butternut Squash, Sweet Potatoes, Orange Bell Pepper
							Soy	Tofu, Soy milk, Soy Yogurt, Soy Nuts, Edamame, Miso
							Spinach	Swiss Chard, Arugula, Kale, Turnip Greens, Bok Choy, Collards, Mustard Greens, Romaine Lettuce, Orange Bell Peppers, Seaweed
							Tea	
							Tomatoes	Watermelon, Pink Grapefruit, Japanese Persimmons, Red-fleshed Papayas, Strawberry Guavas
							Turkey	Skinless Chicken Breast
							Walnuts	Almonds, Pistachios, Sesame Seeds, Peanuts (Peanut Butter), Pumpkin Seeds, Sunflower Seeds, Macadamia Nuts, Pecans, Hazelnuts, Cashews
							Wild Salmon	Alaskan Halibut, Albacore Tuna, Sardines, Herring, Trout, Sea Bass, Oysters, Clams
							Yogurt (Low Fat)	Kefir, Soy yogurt