

Almonds

Artichokes

Asparagus

Avocado

Beef

Black beans

Brazil nuts

Broccoli

Brown rice

Brussels sprouts

Cashews

Cheese

Chia seeds

Chicken breast

Chickpeas

Chlorella

Cottage cheese

Crab

Edamame

Eggs

Fish (salmon, tuna, trout)

Flaxseeds

Greek yogurt

Green peas

Hazelnuts

Hemp seeds

Kale

Kidney beans

Lentils

Lobster

Macadamia nuts

Milk

Mushrooms

Oats

Peanuts

Pinto beans

Pistachios

Pork

Pumpkin seeds

Quinoa

Seitan

Shrimp

Spinach

Spirulina

Sunflower seeds

Sweet potatoes

Tempeh

Tofu

Turkey breast

Walnuts