



CLUB Fx

TOP 100

PRODUCT

We understand there's a lot of confusion when it comes to nutrition, so we've tried to make it simple for you with the Fx-100.

The Fx-100 is a list of 100 foods recommended by our team of experts that can be added to meals in support of the seven Fx pillars. Of course, there are many more than 100 but we want to make it as simple as possible to start.

1. Arugula
2. Cabbage
3. Collard
4. Dandelion
5. Kale
6. Mesclun
7. Microgreens
8. Mustard
9. Romaine lettuce
10. Spinach
11. Swiss chard
12. Blackberries
13. Blueberries
14. Raspberries
15. Grapefruit
16. Lemons
17. Limes
18. Oranges
19. Cherries
20. Peaches
21. Plums
22. Alliums (*garlic, onions, leeks, shallots*)
23. Asparagus
24. Avocados
25. Beets
26. Carrots
27. Celery
28. Cruciferous (*broccoli, Brussels sprouts, cauliflower*)
29. Eggplant
30. Peppers
31. Jicama
32. Kohlrabi
33. Radishes
34. Sprouts
35. Squash
36. Sweet potatoes/
yams
38. Tomatoes
39. Chia seeds-*Navitas*
39. Flax seeds
40. Hemp seeds-
Navitas
41. Walnuts
42. Pecans
43. Pistachios
44. Sesame seeds
45. Hazelnuts
46. Pumpkin seeds
47. Cashews
48. Almonds-
Living Intentions
49. Cod
50. Grass-fed beef-
*Australian organic
grass-fed*
51. Halibut
52. Salmon-
wild or Verlasso
53. Trout
54. Tuna
55. Grass-fed butter/
ghee-*Kerrygold/
Organic Valley*
56. Grass-fed milk-
*ORIGIN A2
Guernsey Milk*
57. Grass-fed yogurt-
Stonyfield
58. Pasture-raised
eggs-*Heinen's
Organic Pasture-
Raised Eggs*
59. Grass-fed cow
cheese-*Organic
Valley and grass-
fed sheep cheese*
60. Plant-based nut
milk-*Elmhurst Milked
Walnuts*
61. Hummus-*Hope*
62. Legumes (*beans,
peas, lentils*)
63. Whole food
plant-based
burgers-
Heinen's fresh
64. Plant-based
protein powder-
GOL
65. Quinoa-*truRoots*
66. Tempeh-*Lightlife*
67. Tofu-*Nasoya*
68. Seitan-*Upton's
Naturals*
69. Organic chicken-
Smart Chicken
70. Organic turkey-
Plainville
71. Brown rice
72. Steelcut oats
73. Wild rice-*Lundberg*
74. Sprouted bread-
Ezekiel
75. Sprouted wraps-
Ezekiel



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|--|--|--|---------------------------------------|
| 76. Sprouted crackers- <i>Flackers</i> | 85. Apple cider vinegar- <i>Bragg raw, unfiltered</i> | 91. 80% Cacao chocolate bar- <i>Equal Exchange</i> | 97. Oyster mushrooms |
| 77. Cilantro | 86. Sauerkraut/
Kimchi- <i>Cleveland Kraut/Wake Robin</i> | 92. Cacao nibs- <i>Navitas</i> | 98. Shiitake mushrooms |
| 78. Cinnamon | 87. Fermented cashew cheeses- <i>Miyoko's or Nuts for Cheese</i> | 93. Raw cacao powder- <i>Navitas</i> | 99. Matcha/green- <i>Navitas</i> |
| 79. Dill | 88. Miso- <i>Eden</i> | 94. Enokitake mushrooms | 100. Acai- <i>Navitas</i> |
| 80. Ginger | 89. Kombucha- <i>GT's</i> | 95. Lions Mane mushrooms | 101. Chlorella- <i>Bare Organics</i> |
| 81. Oregano | 90. Plant-based yogurt and butter- <i>Forager; Miyoko's</i> | 96. Maitaki mushrooms | 102. Maca- <i>Navitas</i> |
| 82. Parsley | | | 103. Wheatgrass- <i>Bare Organics</i> |
| 83. Seaweed (<i>nori, kelp, laminaria</i>) | | | |
| 84. Turmeric | | | |



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Food for Health