



We understand there's a lot of confusion when it comes to nutrition, so we've tried to make it simple for you with these top Club Fx-Approved products.

The top Club Fx-Approved products are foods recommended by our team of experts that can be added to meals in support of the seven Fx pillars.

1. Arugula
2. Cabbage
3. Collard
4. Dandelion
5. Kale
6. Mesclun
7. Microgreens
8. Mustard
9. Romaine
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
37. Tomatoes
38. Chia seeds
39. Flax seeds
40. Hemp seeds
41. Walnuts
42. Pecans
43. Pistachios
44. Sesame seeds
45. Hazelnuts
46. Macadamia
47. Cashews
48. Pinenuts
49. Cod
50. Halibut
51. Salmon
52. Trout
53. Tuna
54. Anchovies
55. Herring
56. Mackerel
57. Organic chicken
58. Organic turkey
59. Organic grass-fed beef
60. Grass-fed butter/ghee
61. Grass-fed milk
62. Grass-fed yogurt
63. Pasture-raised eggs
64. Grass-fed cow cheese
65. Sheep cheese
66. Goat cheese
67. Plant-based milk
(almond, flax, hemp, pistachio, soy, walnut)
68. Hummus
69. Legumes
(beans, peas, lentils, edamame)
70. Whole food plant-based burgers
71. Nuts and seeds
72. Plant-based protein powder
73. Tempeh
74. Tofu
75. Seitan
76. Barley
77. Brown rice
78. Buckwheat
79. Bulgur
80. Millet
81. Quinoa
82. Steel cut oats
83. Wild rice
84. Sprouted bread
85. Sprouted wraps
86. Sprouted crackers
87. Cilantro
88. Cinnamon
89. Dill
90. Ginger
91. Oregano
92. Parsley
93. Seaweed
(nori, kelp, laminaria)
94. Turmeric
95. Apple cider vinegar
96. Raw sauerkraut/
kimchi
97. Miso
98. Fermented cashew cheeses
99. Kombucha
100. Plant-based yogurt
101. Enokitake mushrooms
102. Lion's mane mushrooms
103. Maitake mushrooms
104. Oyster mushrooms
105. Shiitake mushrooms
106. Matcha tea
107. 72% Cacao chocolate bar
108. Cacao nibs
109. Raw cacao powder
110. Acai
111. Astragalus
112. Beet powder
113. Chlorella powder
114. Maca powder
115. Moringa
116. Spirulina powder
117. Wheatgrass