



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. Cabbage
27. Carrots
28. Celery
29. Cruciferous (*broccoli, Brussels sprouts, cauliflower*)
30. Peppers
31. Radishes
32. Eggplant
33. Jicama
34. Kohlrabi
35. Sprouts
36. Squash
37. Sweet potatoes/
yams
38. 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-*Handsome Brook*
59. Grass-fed cow
cheese-*Organic Valley* and grass-
fed sheep cheese
60. Plant-based nut
milk-*Elmhurst*
61. Hummus-*Hope*
62. Legumes (*beans, peas, lentils*)
63. Whole food
plant-based
burgers-*Heinen's fresh*
64. Plant-based
protein powder-*GOL*
65. Tempeh-*Lightlife*
66. Tofu-*Nasoya*
67. Seitan-*Upton's Naturals*
68. Organic chicken-*Smart Chicken*
69. Organic turkey-*Plainville*
70. Brown rice
71. Quinoa-*truRoots*
72. Steelcut oats
73. Wild rice-*Lundberg*
74. Sprouted bread-*Ezekiel*
75. Sprouted wraps-*Ezekiel*



CLUB Fx

TOP 100

PRODUCT



- | | | | |
|--|---|--|---------------------------------------|
| 76. Sprouted crackers- <i>Flackers</i> | 85. Apple cider vinegar- <i>Bragg raw, unfiltered</i> | 91. 80% Cacao chocolate bar- <i>Equal Exchange</i> | 99. Matcha/green- <i>Navitas</i> |
| 77. Cilantro | 86. Sauerkraut/ Kimchi- <i>Cleveland Kraut/Wake Robin</i> | 92. Cacao nibs- <i>Navitas</i> | 100. Acai- <i>Bare Organics</i> |
| 78. Cinnamon | 87. Fermented cashew cheeses- <i>The Dairy Free Co</i> | 93. Raw cacao powder- <i>Navitas</i> | 101. Chlorella- <i>Bare Organics</i> |
| 79. Dill | 88. Miso- <i>Eden</i> | 94. Enokitake | 102. Maca- <i>Navitas</i> |
| 80. Ginger | 89. Kombucha- <i>GT's</i> | 95. Lions Mane | 103. Noni- <i>Bare Organics</i> |
| 81. Oregano | 90. Plant-based yogurt and butter- <i>Forager; Miyoko's</i> | 96. Maitaki | 104. Wheatgrass- <i>Bare Organics</i> |
| 82. Parsley | | 97. Oyster | |
| 83. Seaweed (<i>nori, kelp, laminaria</i>) | | 98. Shiitake | |
| 84. Turmeric | | | |



CLUB Fx

Food for Health