



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. Peppers
30. Radishes
31. Eggplant
32. Jicama
33. Kohlrabi
34. Sprouts
35. Squash
36. Sweet potatoes/*yams*
37. Chia seeds-*Navitas*
38. Flax seeds
39. Hemp seeds-*Navitas*
40. Walnuts
41. Pecans
42. Pistachios
43. Sesame seeds
44. Hazelnuts
45. Pumpkin seeds
46. Cashews
47. Almonds-*Living Intentions*
48. Cod
49. Grass-fed beef-*Australian organic grass-fed*
50. Halibut
51. Salmon-*wild or Verlasso*
52. Trout
53. Tuna
54. Grass-fed butter/*ghee-Kerrygold/Organic Valley*
55. Grass-fed milk-*ORIGIN A2 Guernsey Milk*
56. Grass-fed yogurt-*Stonyfield*
57. Pasture-raised eggs-*Handsome Brook*
58. Grass-fed cow cheese-*Organic Valley* and grass-fed sheep cheese
59. Plant-based nut milk-*Elmhurst*
60. Hummus-*Hope*
61. Legumes (*beans, peas, lentils*)
62. Whole food plant-based burgers-*Heinen's fresh*
63. Plant-based protein powder-*GOL*
64. Tempeh-*Lightlife*
65. Tofu-*Nasoya*
66. Seitan-*Upton's Naturals*
67. Organic chicken-*Smart Chicken*
68. Organic turkey-*Plainville*
69. Brown rice
70. Quinoa-*truRoots*
71. Steelcut oats
72. Wild rice-*Lundberg*
73. Sprouted bread-*Ezekiel*
74. Sprouted wraps-*Ezekiel*
75. Sprouted crackers-*Flackers*



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



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Food for Health