



CLUB Fx

Food for Health

STARTER KIT

20 essential foods for your kitchen

For Your Refrigerator/Freezer

- Kale, arugula, spring mix (*pick one or two!*)
- Lemons
- Avocados
- Alliums: garlic, onions, leeks, shallots (*pick one!*)
- Cauliflower
- Celery
- Carrots
- Cleveland Kraut
- Heinen's frozen blueberries, blackberries, or raspberries
- Frozen spinach (*Cascadian Farms*)
- Smart substitutions:
 - Cashew cheese - The Dairy Free Co.*
 - Plant-based milk - Elmhurst nut milks*
 - Plant-based yogurt - Forager*
 - Veggie noodles (in Produce Dept.): zucchini, beet, sweet potato, squash*
 - Heinen's frozen riced cauliflower and riced broccoli*

For Your Pantry

- Veggie chips - *Brad's kale chips; Rhythm beet chips/cauliflower bites*
- Sprouted wrap or cracker - *Ezekiel wrap; Flackers crackers*
- Nuts/seeds: almonds, walnuts, pumpkin seeds (*pick one!*)
- Heinen's fresh ground nut butter:
 - almond, cashew, walnut (*pick one!*)
- Chia seeds - *Navitas; Garden of Life*
- Legumes: beans, peas, lentils (*pick one!*)
- Sprouted quinoa - *Tru Roots*
- Bragg apple cider vinegar
- Green tea/matcha - *Navitas*



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THOUGHTS TO CHEW ON

Little steps yield big results...

Focus on making just one small change each day.



Think addition rather than subtraction...

Instead of eliminating certain foods, it's more effective to add nutritious foods to your meals.



Eat more greens...

They are one of Mother Nature's most nutritious gifts.



Snack wisely...

Snacks are a prime opportunity to boost your health.



Always opt for plants first...

Food is medicine...and plants are the most powerful medicine on the planet!

To schedule a Cart Check, make an appointment for a fee-based service, or learn more, visit heinensclubfx.com.