



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



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> | 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>The Dairy Free Co</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 | | | |



CLUB Fx

Food for Health