

Nutrishatives' Healthy Shopping List for Increased Productivity at Work

Fruits & Vegetables

- Apples
- Bananas
- Oranges
- Pineapple
- Melon
- Blueberries
- Blackcurrants
- Goji Berries
- Dried Coconut
- Dried Mango
- Mixed Salad Greens,
- Kale
- Spinach
- Carrots
- Broccoli
- Tomatoes
- Avocados

Nuts & Seeds (Raw)

- Almonds
- Cashews
- Walnuts
- Brazil Nuts
- Pistachios
- Peanuts
- Pumpkin Seeds
- Sunflower Seeds
- Sesame Seeds
- Peanut/Almond Butter

Seafood & Eggs

- Algae Chips
- Salmon
- Herring
- Mackerel
- Sardines
- Oysters
- Eggs

Other

- Rosemary
- Turmeric or Curry Mix
- Organic Coffee
- Almond/Soy/Oat Milk
- Organic Herbal Tea
- Dark Chocolate