



Focus on Cholesterol Lowering Foods

Incorporate a few of these foods into every meal to give your body the nutrients it needs to combat high cholesterol.



High Fiber Veggies

Leafy greens, cauliflower, brussel sprouts, broccoli, artichoke, beets, zuchinni, radish, leafy greens



Wild Caught Fish

Salmon, Halibut, Mackerel, Sardines
3x week



Bitter Greens

Arugula, Spinach, Dandelion, Kale, Radicchio, Endive



High Fiber Fruits

Blue & Blackberries, Citrus, Apples, Kiwi



Sprouted Nuts & Seeds

Walnuts, Almonds, Pumpkin, Chia,



Sprouted Beans & Lentils



Fresh Herbs

Spirulina, Chlorella



Spices:

Ginger, Cinnamon, Garlic, Turmeric



Green Tea

