

# FIT CHALLENGE APPROVED FOODS

#freshchallenge #thefresh20

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## ALL THE GREEN THINGS

artichokes  
arugula  
asparagus  
avocado  
basil  
beet greens  
bok choy  
broccoli  
Brussels sprouts  
butter lettuce  
cabbage  
celery  
chryote  
collard greens  
endive  
fennel  
green beans  
green bell peppers  
kiwi  
kale  
kohlrabi  
leeks  
mint  
mustard greens  
napa cabbage  
okra  
parsley  
poblano peppers  
romaine lettuce  
scallions  
spinach  
sugar snap peas  
swiss chard  
tomatillo salsa  
watercress  
zucchini

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## CITRUS

grapefruit  
kumquat  
lemon  
lime  
orange  
pomelo  
tangerine  
yuzu

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## FRUIT

apples  
apricots  
blueberries  
cantalope  
honeydew melon  
nectarines  
passion fruit  
peaches  
pears  
plums  
watermelon

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## NUTS/SEEDS

almonds  
brazil nuts  
cashews  
chia seeds  
hemp seeds  
macademia nuts  
pine nuts  
pistachios  
pumpkin seeds  
sunflower seeds  
walnuts

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## OILS

coconut oil  
flax seed oil  
ghee  
olive oil

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## VINEGARS

apple cider vinegar  
white wine vinegar  
balsamic vinegar

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## NUTS/SEEDS

Chicken broth/stock  
chicken (skinless)  
chicken/turkey sausage  
cod  
flounder  
ground turkey  
haddock  
halibut  
lentils  
pork tenderloin  
salmon  
scallops  
tofu