

ENERGY BOOSTING COMPLEX CARBOHYDRATES

Sustained Release Fuel for Peak Performance

Whole Grains

- Steel Cut Oats
 - Quinoa (Red or White)
 - Brown & Wild Rice
 - Buckwheat / Kasha
 - Barley & Farro
 - Sprouted Grain Bread
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Legumes & Pulses

- Red & Green Lentils
 - Chickpeas (Garbanzo)
 - Black Beans
 - Kidney Beans
 - Adzuki Beans
 - Split Peas
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Starchy Vegetables

- Sweet Potatoes / Yams
 - Butternut Squash
 - Parsnips
 - Pumpkin
 - Beets
 - Corn (Non-GMO)
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Low-GI Fruits

- Green Apples
 - Blueberries & Raspberries
 - Pears
 - Grapefruit
 - Cherries
 - Apricots
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Note: Prioritize fiber-rich sources to maintain stable blood glucose levels and avoid energy crashes.