

GLUTEN-FREE COMPLEX CARBOHYDRATES

Essential Low-Glycemic Fuel Sources

Whole Grains

- Quinoa Protein Rich
 - Buckwheat Fiber
 - Amaranth Iron
 - Millet Alkaline
 - Sorghum Antioxidants
 - Brown Rice B-Vitamins
 - Wild Rice Low Calorie
 - Teff Calcium
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Legumes & Pulses

- Chickpeas Fiber
 - Lentils (Red/Green) Iron
 - Black Beans Folate
 - Adzuki Beans Zinc
 - Kidney Beans Protein
 - Split Peas Fiber
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Starchy Vegetables

- Sweet Potatoes Vit A
 - Yams Potassium
 - Parsnips Vit C
 - Butternut Squash Fiber
 - Plantains Resistant Starch
 - Yukon Gold Potatoes Potassium
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Preparation Tips

- Soak grains overnight
 - Rinse quinoa thoroughly
 - Cook in bulk & freeze
 - Use broth for flavor
 - Cool then reheat starch
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