


Princess Potion

- 
- Water
 - Sleep
 - Exercise
 - Sunshine
 - Social Connection
 - Affection

BE STRONG (Protein)

- Chicken, beef, lamb, pork, seafood, eggs, protein powder, dairy foods

BE SMART (Good Fats)

- Nuts and seeds, olives and olive oils, avocados, deep sea fish, coconut

BE SPEEDY (Complex Carbohydrates)

- Wholegrains (wheat, rice, rye, spelt, barley, oats, buckwheat, quinoa, millet, amaranth)
- Legumes (lentils, chickpeas/hummus, cannellini beans, baked beans, red kidney beans)
- Root vegetables (potatoes, sweet potatoes, peas, pumpkin, carrots, beetroot, corn, turnips, parsnips, swedes)

BE SPECTACULAR (Living Foods)

- All other fruits and vegetables! (apples, citrus fruits, bananas, pears, melons, dates, figs, berries, stone fruits, paw paw, pineapple, tomatoes, cucumber, carrots, broccoli, cabbage, zucchini, beans, spinach, lettuce, cauliflower, asparagus, mushrooms etc)
- Superfoods e.g. cacao • Herbs • Sprouts • Seaweed



Rocket Fuel

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