

Food & Nutrition Matching

Protein

Vitamin B-12

Vitamin K

Potassium

Zinc

Iron

Vitamin C

Omega 3-Fats

Dairy

Vitamin E

Vitamin D

Fiber

Beans

Builds Muscle

Shrimp

Yogurt

Energy

Sunlight

Salmon

Bananas

Seeds

Crab

Spinach

Orange