

eat HIKE love

Caroline Hinchliff, MSc

Protein

beans
cheese
eggs
fish
lentils
nuts
peas
poultry
red meat
seeds
shellfish
tempeh
tofu
yogurt

+

Fiber

avocado
beans
berries
fruit
leafy greens
lentils
nuts
peas
seeds
tofu
vegetables
whole grains
barley
buckwheat
corn
millet
oats
quinoa
rice
wheat

+

Fat

avocado
butter
cheese
chocolate
coconut milk
coconut oil
eggs
nut butter
nuts
olive oil
red meat
salmon
seeds
yogurt