

From “The Professional Balancing Act”

# Healthy Tips

## 10 Genius Foods

*According to Max Lugavere in “Genius Foods”*

- 1. Almonds**
- 2. Avocados**
- 3. Blueberries**
- 4. Broccoli**
- 5. Dark Chocolate**
- 6. Eggs**
- 7. Grass-fed Beef**
- 8. Olive Oil**
- 9. Spinach**
- 10. Wild Salmon**