







THE WARRIOR 20

These twenty foods are at the head of the pack in terms of health and nutrition. The TFW Warrior 20 are power foods, loaded with nutrients, vitamins, and minerals that help promote muscle growth and recovery as well as reduce painful and annoying inflammation so your body can heal. If you want to build more muscle, reduce the fat holding you back and feel better, this list below is all you need. Print out this list and place it on your refrigerator as a reminder to make healthy choices.




PROTEIN

	Whole Eggs
	Lean Meat, Poultry, Game
	Fatty Fish
	Fermented Soy







LEGUMES

	Beans
	Lentils



GOOD FATS

	Nuts (<i>and nut butters</i>)
	Seeds (<i>flax, hemp, chia</i>)
	Olive Oil




FRUITS & VEGGIES

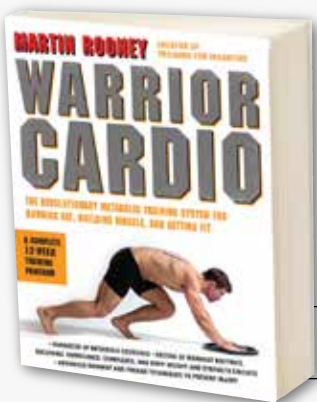
	Tomatoes
	Spinach
	Cruciferous Vegetables (<i>e.g., broccoli, cabbage, cauliflower, brussels sprouts</i>)
	Avocados
	Citrus (<i>orange, grapefruit</i>)
	Berries

DRINKS

	Water
	Green Tea

STARCHES & WHOLE GRAINS

	Sweet Potatoes, Yams
	Quinoa
	Amaranth



MORE ABOUT THE
WARRIOR 20 CAN BE
FOUND IN
WARRIOR CARDIO