

What I need to eat weekly....

<p>Iron</p> <ul style="list-style-type: none">BeefBeans (black)Leafy GreensBroccoliCoconut Oil	<p>Vitamin C</p> <ul style="list-style-type: none">CitrusBerries
<p>Copper</p> <ul style="list-style-type: none">CashewsPasta	<p>Iodine</p> <ul style="list-style-type: none">KelpOnionsPineapple
<p>Omega 3</p> <ul style="list-style-type: none">Fish OilLeafy GreensChia SeedsWalnuts	<p>Selenium</p> <ul style="list-style-type: none">MushroomsBrazil NutsGarlicEggs

What I need to avoid....

Gluten, Dairy, Corn, Soy, Caffeine, Sugar