

Our WellFed Blueprint

Proteins

Pulses & Legumes
Tofu / Tempeh
Free range egg / chicken
Grass fed beef / lamb

Leafy Vegetables

Salad leaves
Kale, spinach,
Lettuce

Alkalising Foods

Apple cider vinegar

Crunchy Veg

Broccoli, Beans
Celery, Sprouts
Capsicums, Radish,
Beetroot, Zucchini,
Daikon

Each meal is designed
with optimal nutrition to
help achieve your goals.

Seeds & Oil

Almonds, Walnuts,
Brazilnuts, Cashew
Nut Butters, Tahini,
Sunflower, Pumpkin

Eating For Health™
made easy.

Complex starches & grains

Brown rice, Quinoa
Buckwheat, Millet
Corn, Pumpkin
Kumara, Yam

Be the best version of yourself

WellFed

Probiotics

Sauerkraut
Kimchi, Kefir
Acidophilus yoghurt

Seasonal Fruit

Apples, Berries
Oranges, Kiwifruit,
Pears, Peaches
Plums, Nectarines



Bone & Mineral Broth

Umami
Chicken
Beef,
Mushroom

Adaptogens & Super Foods

Mushrooms – Shiitake,
Reishi, Chaga
Maca, Ashwagandha,
Moringa, Amla

Booster Foods

Dressings & Condiments
Seaweed
Nutritional Yeast
Herbs
Spices