



GRACE

STRENGTH & MOVEMENT

DIETARY FATS

SATURATED

Coconut oil, coconut butter, palm kernel oil

POLYUNSATURATED

Walnuts, sunflower seeds/oil, flax seeds/oil, soybean oil, safflower oil

MONOUNSATURATED

Olives, olive oil, nuts, canola oil, avocados, nut butter, peanut oil

TRANS

Processed foods