

THE STRONG FOUNDATIONS

# GROCERY

## GUIDE

The only resource you'll ever need to feed your immune health and support healthy inflammation - one cart at a time.



**WELLEX®**



# Start in the Produce Aisle

Root causes, meet root vegetables.

- Leafy greens (spinach, kale, arugula)  
= rich in folate + antioxidants
- Cruciferous veg (broccoli, cabbage, cauliflower)  
= liver detox support
- Berries = vitamin C + polyphenols
- Beets = nitric oxide for circulation + inflammation modulation
- Garlic + onions = antimicrobial + immune support

**Pro tip:** The deeper the color, the deeper the nutrient density.



# Protein That Supports, Not Stresses

Choose clean, complete sources.

- Wild-caught fish (salmon, sardines) = omega-3s for inflammation
- Pasture-raised eggs = choline + B vitamins
- Organic tofu + tempeh = plant-based, gut-friendly proteins
- Grass-fed meats (in moderation) = nutrient-dense with lower inflammatory load

**Avoid:** Processed deli meats + high-sugar marinades

# Anti-Inflammatory Pantry Staples



Stock your shelf with  
quiet power players.

- Extra virgin olive oil (cold-pressed)
- Raw nuts + seeds (chia, flax, walnuts)
- Turmeric, ginger, cinnamon
- Quinoa, wild rice, buckwheat
- Apple cider vinegar

These ingredients are your everyday  
immune allies.



# Gut Health = Immune Health



70% of your immune system  
lives in your gut.

- Unsweetened yogurt or kefir (if tolerated)
- Kimchi, sauerkraut, miso (fermented foods)
- Prebiotic-rich foods: bananas, leeks, asparagus, oats

**Avoid:** Artificial sweeteners, seed oils,  
ultra-processed “health” snacks

# Snacking That Loves You Back

Satisfy cravings and  
support your system.

- Dark chocolate (70%+) = polyphenols
- Homemade trail mix = healthy fats + minerals
- Hummus + veggies = fiber, iron, and satisfaction

Snack smarter, not stricter.



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# Your Cart = Your Care

**You don't need a perfect plan.  
You need a solid foundation.**

Every time you shop,  
you're not just buying groceries...  
You're supporting your energy, your cycles,  
your clarity, your comfort.

**This is the root of real wellness.  
And you're doing it.**

**WELLEX®**

# From Cart to Care

The same powerful whole-food ingredients you're adding to your grocery cart are also at the heart of our formulas.



Broccoli sprout extract → cellular resilience



Ginger → inflammation balance



AHCC® mushroom extract → immune defense



Green tea extract → antioxidant protection



Build your foundation inside and out.

→ [\*\*Explore the Wellex collection\*\*](#)

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