. Healthy Fats Selection

- Coconut Oil
- Olive Oil
- Flaxseed oil
- Avocado
- Almond Butter or Almonds
- Sunflower Seed butter or Sunflower Seeds
- Cashew Butter or Cashews
- Eggs
- Guacamole
- Grass Fed Butter
- Feta Cheese
- Goat Cheese
- Walnuts
- Macadamia Nuts
- Hazelnuts
- Pistachios