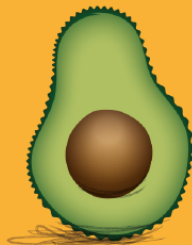


Viva! PROTEIN-RICH FOODS



ALMONDS
AND ALMOND
BUTTER



AVOCADO



ASPARAGUS



BAKED BEANS



BOK CHOY



BREAD
(WHOLEMEAL)



CHIA SEEDS



CHICKPEAS



BREAKFAST
CEREALS



BROCCOLI



BRUSSELS
SPROUTS



CASHEW
NUTS



PEANUTS AND
PEANUT BUTTER



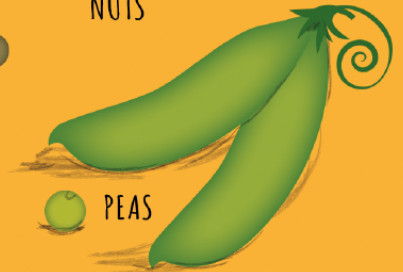
EDAMAME
(SOYA BEANS)



HEMP SEED



LENTILS
(ALL TYPES)



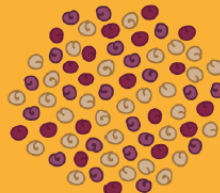
PEAS



SESAME SEEDS
(E.G. IN TAHINI
AND HUMMUS)



PISTACHIO NUTS



QUINOA



KIDNEY BEANS



RICE
(BROWN)



SOYA
FLOUR



SPAGHETTI
(WHOLE WHEAT)



SUNFLOWER
SEEDS



WATERCRESS



TOFU & TEMPEH



WALNUTS