

# Dr Gregor's Daily Dozen Checklist

For more info visit: [nutritionfacts.org/video/dr-gregers-daily-dozen-checklist](http://nutritionfacts.org/video/dr-gregers-daily-dozen-checklist)

Checklist printed from [www.lifestyleworks.co.nz](http://www.lifestyleworks.co.nz)

No. of servings



Beans



Berries



Other Fruits



Cruciferous Vegetables



Greens



Other Vegetables



Flaxseeds



Nuts and Seeds



Herbs and Spices



Whole Grains



Beverages



Exercise