

# ESSENTIAL OILS

## Penny's Top 3

### *Peppermint Oil*

Pain, Germs, Nausea

### *Oregano Oil*

Bacteria, Fungus, Antioxidant

### *Tea Tree*

Acne, Lungs, Skin, Scalp

Always read the labels and follow instructions.  
Some oils are external or aromatherapy use only.

# Protein!

## Top Picks

Per cup serving

*Tempeh 30g*

*Edamame 17g*

*Lentils 18g*

*Chickpeas 14.5g*

*Quinoa 8g*

And more

*Sunflower*

*Pumpkin*

*Sesame*

*Hemp*

*Chia*

*Flax*

And more

SEEDS