



## NUTRITIONAL WELLNESS CENTER

1 CINNAMINSON AVE PALMYRA, NJ 08065 856.499.2160

Dr. Sean Inselberg, DAc, MSc, CNS

NPI# 1003491796

### FOODS LIST

NAME \_\_\_\_\_

DATE \_\_\_\_\_

Meats/Poultry/Seafood   Grains   Fruits/Vegetables   Nuts/Seeds   Herbs/Spices

Legumes   Oils/fats   Sweets/sugars   Condiments   Beverages   Other