

A RICH FOOD MANIFESTO!
EAT RICH FOOD

Attack one aisle at a time

Share knowledge with friends

FOCUS ON INGREDIENTS

Say No to GMOs



Divide & Conquer Labels

♥ the animals well

Favor sustainability

eat local organic produce

AVOID POOR FOOD

Banish the Wheat Belly

Shake Off the Sugar Cravings

JOIN THE RICH FOOD REVOLUTION