

# WORLDS BEST HEAD

## CHEAT SHEET

### Foods That Improve Taste

- Plums
- Pineapple Juice
- Blueberries
- Cranberries
- Strawberries
- Watermelon
- Celery
- Kiwi
- Cherries
- Oranges
- Almonds
- Dates
- Lemons
- Limes
- Black Olives
- Broccoli
- Kale
- Collard Greens
- Zucchini
- Lettuce
- Cinnamon
- Extra Virgin Olive Oil
- Sweet Potatoes
- Yams
- Balsamic Vinaigrette
- Tangerines

### Added Taste Bonus

- Whipped Cream
- Chocolate Sauce
- Honey
- Flavored Lube
- Passionfruit lotion
- Maraschino Cherries
- Breath Mints
- Cake Frosting

### Foods To Avoid

- Beef
- Pork
- Fish
- Garlic
- Curry
- Milk
- Beer
- Whiskey
- French Fries
- Asparagus
- Mashed Potatoes
- Baked Beans
- Protein Shakes
- Thick Salad Dressings
- Hot Peppers