



Food lists

Lean Protein

Pork, Lean
Salmon
Shrimp
Tilapia
Cod
Egg, Whole
Egg, White
Fish, Tuna
Fish, Sardines
Lobster
Turkey breast
Protein powder
Tofu Lentils
Beans
Low fat greek plain yogurt
cottage cheese, nonfat

Vegetables

Asparagus
Cabbage
Carrots
Celery
Cauliflower
Collard greens
Cucumber
Mushrooms
Egg plant
Green beans
Lettuce, romaine
Onion
Zucchini
Tomato

Fats

Coconut oil
Flaxseed oil
Peanut butter
Brazil nuts
Olive oil
Virgin oil
Fetta Cheese

Fruit

Cantaloupe
Grapes
Applesauce
Nectarine
Peach
Pear
Plum
Raspberries
Watermelon

Starchy Carbs * limit these

Beans, Garbanzo
Black eyed peas
Pasta, whole wheat
Pita, whole wheat
Rice, brown
Quina

Herbs/ sauces

Lemon lime
Ginger
Ketchup
Honey
Balsamic Vinegar
Salad dressing
Seasoning

Beverages

Mint teat
Black coffee
Coffee (little sugar, milk)
Vegetable juice