

## FOOD LIST (Better choices highlighted in red)

### Protein (lean proteins are listed in red)

- 1) Examples of lean protein
  - a. Beans of all kinds
  - b. Beef tenderloin
  - c. **Bison**
  - d. Canned salmon, packed in water
  - e. **Canned tuna, packed in water**
  - f. **Chicken breasts**
  - g. Chickpeas
  - h. **Eggs**
  - i. **Elk**
  - j. Fat-free plain yogurt
  - k. Fresh fish (**cod**, salmon, **halibut**, **red snapper**, **orange roughy**, etc.)
  - l. Kefir
  - m. Lean ground turkey
  - n. Lentils
  - o. Low-fat cottage cheese
  - p. Natural nut butters (almond, cashew, peanut, etc.)
  - q. Pork tenderloin
  - r. **Protein powder**
  - s. Tempeh
  - t. Tofu
  - u. **Tuna loin**
  - v. Unsalted raw nuts and seeds

### Carbs

- 1) Starchy complex carbs (whole grains)
  - a. Amaranth
  - b. Brown rice
  - c. Buckwheat
  - d. Bulgar
  - e. **Cream of Wheat**
  - f. **Ezekiel Bread (or wraps)**
  - g. **Millet**
  - h. **Oatmeal**
  - i. **Quinoa**
  - j. Wheat germ
  - k. Whole-grain pasta
- 2) Starchy complex carbs (vegetables)
  - a. Bananas
  - b. Carrots

- c. Chickpeas (could also be protein)
- d. Beans (kidney, navy, pinto, soy) (protein)
- e. Sweet potatoes
- f. Potatoes
- g. Radishes
- h. Split peas (protein)
- i. Lentils (protein)
- j. Yams

3) High water-content complex carbs (abundant supply – can't go wrong here)

- a. Artichokes
- b. Asparagus
- c. Beet greens
- d. Bok choy
- e. Broccoli
- f. Brussels sprouts
- g. Cabbage
- h. Cauliflower
- i. Celery
- j. Cherry tomatoes
- k. Cucumbers
- l. Eggplant
- m. Green beans
- n. Kale
- o. Lettuce
- p. Okra
- q. Onions
- r. Radishes
- s. Romaine lettuce
- t. Spinach
- u. Sprouts
- v. Sweet potatoes
- w. Tomatoes
- x. Turnip greens
- y. Watercress
- z. Zucchini

4) Complex carbs from fruit

- a. Apples
- b. Berries
- c. Citrus fruits
- d. Dried fruits (moderation)
- e. Grapefruit
- f. Grapes
- g. Kiwi
- h. Lemons

- i. Lychee
- j. Mango
- k. Melons
- l. Oranges
- m. Papaya
- n. Passion fruit
- o. Pears**
- p. Plums
- q. Pomegranate

### **Healthy Fats**

- 1) Examples of healthy fats
  - a. Almonds
  - b. Avocados
  - c. Cashews
  - d. Cold-water fish
  - e. Flaxseed**
  - f. Hazelnut oil
  - g. Nut butters
  - h. Olive oil
  - i. Pecans
  - j. Pumpkinseed oil
  - k. Safflower oil
  - l. Sunflower seeds
  - m. Walnuts