

WHAT YOU SHOULD EAT

PROTEIN

CHICKEN
LEAN GROUND BEEF
TURKEY
WHEY PROTEIN ISOLATE
EGG WHITES
COD/HALIBUT/HADDOCK
LEAN RED MEAT
TOFU
CANNED TUNA
NON FAT GREEK YOGURT
NON FAT COTTAGE CHEESE
TURKEY BACON

CARBS

WHOLE WHEAT BREAD
WHOLE WHEAT CEREAL
SWEET
POTATOES/POTATOES
WHOLE GRAIN RICE
OATMEAL
WHOLE WHEAT PASTA
TORTILLAS
FRUITS
VEGETABLES

FATS

OLIVE OIL
AVOCADO
FISH OIL
BUTTER
MAYONNAISE
COCONUT OIL
OLIVES

PROTEIN & CARBS

QUINOA
BEANS
LENTILS
SKIM MILK
WHEY PROTEIN & FRUIT

PROTEIN & FATS

WHOLE EGGS
STEAK
SALMON
PORK
CHEESE
FULL FAT YOGURT
WHOLE MILK

CARBS & FATS

NUTS
NUT BUTTER
CHIPS
DONUTS
PIZZA
ICE CREAM

THESE IN
MODERATION

LOW/NO CALORIE FOODS

CUCUMBER
LETTUCE
MUSTARD
DIET SODA
CELERY

SUGAR FREE JELLO
TEA
COFFEE
CAULIFLOWER
SPINACH

MUSTARD
SALSA
PICKLES
WATERMELON
SAUERKRAUT