



Recommended Food List

Protein (7 grams protein)

- Chicken breast boneless/skinless 1 oz
- Lean turkey breast 1 oz
- Fresh fish (cod, haddock, halibut, tuna, tilapia) 1 oz
- Egg whites 2 or ¼ cup egg beaters
- 1 whole egg (also counts as 1 fat serving)
- Non-fat cottage cheese ¼ cup
- Salmon Fillet 1 oz (also counts as ½ fat serving)
- Lean Sirloin 1 oz
- Greek yogurt
- Lean Pork Chop

Fats (~5 grams fat)

- Avocado 1 oz - 1/2 Avocado = 15gF
- Almonds 20 Almonds = 10gF
- Cashews 1/3 oz
- Enova oil 1 Tsp
- Flax oil 1 Tsp
- Coconut oil 5g
- Oil (olive, macadamia, canola, Avocado, Sunflower) 1 tsp.
- Peanuts 1/3 oz
- Natural Peanut/Almond butter (smooth or crunchy) 1 Tbsp = 8gF
- Pecans ¼ oz
- Paul Newman's Oil & Vinegar Dressing 2 tsp
- Sunflower seeds 1/3 oz
- Walnuts 1/4 oz

** Around a dozen for most nuts will equal ~5 Grams of Fat.

Fibrous Carbs (Vegetables) Unlimited

- Asparagus

- Broccoli
- Cauliflower
- Green Beans
- Onions
- Spinach
- Celery
- Cucumber
- Green onions
- Mushrooms
- Salad greens (lettuce, romaine)

My preferred fibrous carbs are asparagus, broccoli, brussel sprouts, green beans and spinach. The greener the vegetable, the more nutrient dense it is.

Carbohydrates (~15 grams carbohydrate)

- Bread - whole-wheat, oat-bran, 9-grain 1 slice
- Ezekiel bread -1 slice
- Honey 1 tbsp.
- Jasmine Rice
- Oatmeal (Quaker Instant/Old Fashion, measured dry) ¼ cup
- Instant Brown Rice ¼ cup
- Rolled Oats ¼ cup (dry)
- Steel Cut Oats, dry 1/8 cup
- Baked potato 2.25 oz
- Sweet potato (baked) ½ Cup
- Yams (baked) ½ Cup

Fruits

(Equal to 1 serving of Carbohydrate)

15 grams Carbohydrate

- Apple, 3.25 oz
- Banana, 2.25 oz or 1 Small Banana
- Blueberries 3.5 oz
- Grapefruit, 6.5 oz
- Grapes 3 oz
- Mango 3 oz
- Orange, 3.5 oz
- Pineapple 4 oz
- Peach 4.55 oz
- Pear 3 oz
- Raisins 2 tbsp
- Strawberries 6.5 oz
- Watermelon 5 oz

Blueberries and Grapefruit are my preferred fruit. Both high in antioxidants and metabolism boosters.

Drinks

- Coffee/Tea
 - Any zero calorie flavor water or Sparkling Water
- *Although pure clean water is always your first choice**

Seasonings, Substitutions and Additives

- Sub any of the following foods, within their class for any other food within its class. EX. Turkey for Chicken
- Add any seasons, onion, garlic, herbs, peppers, or vegetables to any dish.