

PROTEINS

Stabilize our blood sugar, push cravings away, help build lean muscle.

Serving Size: width and thickness of palm



- Beef (lean)
- Calamari
- Canadian Bacon
- Canned Tuna
- Chicken
- Clams
- Cottage Cheese (non-fat)
- Crab Meat
- Deli Meat (from butcher)
- Duck
- Eggs (Egg Whites)
- Flounder
- Ground Beef
- Ground Turkey
- Ham
- Lamb
- Lobster
- Milk (skim)
- Pork
- Salmon
- Scallops
- Shrimp
- Soy Beans
- Soy Burgers
- Tuna
- Turkey (Turkey Bacon)
- Veal
- Venison
- Greek Yogurt (non-fat)

CARBOHYDRATES

Give us ENERGY.

Serving Size: either a fist or cupped hand

VEGGIES: Eat all you want!

- Artichoke
- Asparagus
- Beets
- Broccoli

- Brussel sprouts
- Cabbage
- Cauliflower
- Celery
- Chick peas
- Cucumber
- Eggplant
- Green beans
- Kale
- Leeks
- Lettuce
- Mushrooms
- Okra
- Onion
- Peppers
- Spaghetti Squash
- Tomato
- Zucchini

FRUITS: Serving Size: (fist sized)



- Apple
- Apricot
- Banana
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes
- Honeydew
- Kiwi
- Orange
- Peach
- Pear
- Pineapple
- Plum
- Raspberries
- Strawberries
- Tangerine
- Watermelon

COMPLEX CARBS: Serving Size: (cupped hand)



- Beans (pinto, black, kidney, lima)
- Carrots
- Corn
- Lentils
- Oatmeal

- Peas (green & black-eyed)
- Potato (white, red or sweet)
- Rice (brown)
- Squash (acorn and butternut)
- Quinoa
- Whole grain bread
- Whole wheat tortilla/pasta

FATS

Help your body absorb nutrition and run effectively.

Serving Size: Thumb



- Almonds
- Almond butter
- Avocado
- Butter (grass-fed)
- Cashews Coconut oil
- Guacamole
- Macadamia nuts
- Mayo (avocado or olive oil)
- Oil-based Dressings
- Olives
- Olive oil
- Peanut butter
- Peanuts
- Pistachios
- Walnuts (chopped)

LIMIT these Foods & Beverages

- Alcohol/wine
- Candy
- Chips
- Creamy sauces/salad dressings
- Cookies
- Fried foods
- Prepackaged/processed foods
- Pastries
- Sodas
- White bread and rice