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| **Healthy Foods** | | | | | |
| **PROTEINS** | **VEGETABLES** | **FRUITS** | **STARCHES** | **HEALTHY FATS** | **HERBS & SPICES** |
| Chicken Breast | Asparagus | Apple | Whole Grain Breads | **Oils** | Allspice |
| Ground Chicken | Avocado | Pear | White Rice | Olive Oil | Basil |
| Chicken Thigh | Artichoke hearts | Peach | Brown Rice | Avocado Oil | Cardamom |
| Turkey Breast | Brussels sprouts | Cantaloupe | Wild Rice | Grape Seed Oil | Cinnamon |
| Ground Turkey | Carrots | Watermelon | Steal Cut Oats | Coconut Oil | Celery Seed |
| Pork Loin | Celery | Banana | Quinoa | Canola Oil | Dill |
| Pork Chop | Zucchini | Grapes | Regular Pasta | Flaxseed Oil | Fenugreek |
| Pork Ribs | Fennel Roots | *Blueberries* | Whole Wheat Pasta | **Nuts/Butters** | Garlic |
| Pork Roast | Kale | *Strawberries* | Buckwheat | Cashews | Ginger |
| Bacon | Chard | *Raspberries* | Whole Grain Crackers | Pistachios | Crry |
| Steak (90%/leaner) | Spinach | *Blackberries* | Whole Grain Wraps | Walnuts | Oregano |
| Ground Beef (90%/leaner) | Red Pepper | Honeydew | **Vegetable Starches** | Peanuts | Cilantro |
| Salmon | Yellow Pepper | Oranges | *Acorn Squash* | Almonds | Nutmeg |
| Flounder | Green Pepper | Tangerines | *Butternut Squash* | Pecans | Rosemary |
| Snapper | Orange Pepper | Plums | *Yam* | Macadamia | Thyme |
| Trout | Cabbage | Mango | *Sweet Potato* |  | Garam Masala |
| Halibut | Spinach | Grapefruit | *Beans* |  | Bay Leaf |
| Bass | Cauliflower | Appricot |  |  | Herbs de Provance |
| Lamb Chops | Broccoli | Tomato |  |  | Chili Powder |
| Lamb Rack | Lettuce |  |  |  | Paprika |
| Venison Steaks | Cucumbers |  |  |  | Cumin |
| Bison Steaks | Corn |  |  |  | Black Pepper |
| Eggs (whole/whites) |  |  |  |  |  |
| Greek Yogurt |  |  |  |  |  |
| Cottage Cheese |  |  |  |  |  |
| Tofu |  |  |  |  |  |
| Tempeh |  |  |  |  |  |
| Edamame |  |  |  |  |  |

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| **FOODS TO AVOID** | | | |
| **Alcohol** | **Drinks** | **Processed Foods** | **FATS** |
| Beer | Fruit Juices | Frozen meals | Cheese |
| (non-alcoholic) | Soda | Low Fat Foods\* | Lard |
| Liquor | Diet Soda | **Processed Meats** | Margarine |
| Wine | Teas (w/ added sugars) | Deli Meats |  |
|  | Coffee Creamer | Hot Dogs |  |
|  |  | \*nitrate free/low sodium |  |
|  |  | Instant Oatmeal |  |
|  |  | High Sugar Sauces |  |
|  |  | **Junk Foods** |  |
|  |  | Doughnuts |  |
|  |  | Potato/Tortilla Chips |  |
|  |  | Ice Cream |  |
|  |  | Crackers |  |
|  |  | Cereals |  |
|  |  | Cookies |  |