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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 |   |