

CORE FOODS

PROTEIN > UNLIMITED

- Black Beans
- Chick Peas/
Garbanzo Beans
- Chicken, skinless
- Cod
- Dried Lentils
- Edamame
- Egg Substitute
- Egg Whites
- Eggs
- Filet Mignon
- Flank Steak
- Great White
Northern Beans
- Ground Chicken
or Turkey Breast
- Ground Round
- Ground Sirloin
- Kidney Beans
- Lean Deli Meat
(no nitrates, no fillers)
- *Light Yogurt
- *Low-fat Cottage
Cheese
- *Low-fat Greek Yogurt
- Mahi Mahi
- Pinto Beans
- Pork Loin
- Salmon
- Shrimp
- Sirloin
- Tenderloin
- Tilapia
- *Tofu (fortified)
- Tuna
- Turkey, skinless
- Veggie Burgers
- Whey Protein Isolate

FRUGGIES > UNLIMITED

- Apples
- Apricots
- Artichoke
- Asparagus
- Bananas
- Bean Sprouts
- Beets
- Bell Peppers
- Blackberries
- Blueberries
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage
- California Blend
- Cantaloupe
- Carrots
- Cauliflower
- Celery
- Cherries
- *Collard Greens
- Cucumber
- Eggplant
- Frozen Stir Fry Veggies
- Grapefruit
- Grapes
- Green Beans
- Green Onions
- Honeydew Melon
- Kale
- Kiwi
- Leeks
- Mango
- Mushrooms
- Mustard Greens
- Nori
- Oranges
- Peaches
- Pears
- Pineapple
- Plums/Dried Plums
- Pomegranate
- Pumpkin
- Raspberries
- Red Onions
- Romaine Lettuce
- Spinach
- Spring Mix
- Strawberries
- Summer Squash
- Tomatoes
- Tropical Fruit Blend
- *Turnip Greens
- Turnips
- Water Chestnuts
- Watermelon
- Yellow Onions
- Zucchini

CARBOHYDRATES > SERVING SIZE = SIZE OF YOUR FIST

- Ancient Grains (Farro, Spelt, Kamut,
Amaranth, Freekeh, Teff)
- Barley
- Basmati Rice
- Brown Rice
- Bulgur
- Corn
- Couscous
- Dry Cereal (<10g Sugar)
- Lo Mein Noodles
- Muesli
- Multigrain Crackers
- Oatmeal
- Peas
- Popcorn
- Quinoa
- Red Potatoes
- Rice Cakes
- Rice Noodles
- Sweet Potato
- Whole Grain Bread
- Whole Grain Flatbread
- Whole Grain Frozen Waffles
- Whole Grain Orzo
- Whole Grain Pancakes/Waffle Mix
- Whole Grain Pasta
- Whole Grain Tortilla Chips
- Whole Grain Tortilla/Wrap
- Whole Grain Bun
- Whole Grain Dinner Roll
- Whole Grain Egg Noodles
- Whole Grain Pizza Crust/Dough
- Whole Grain White Bread
- Wild Rice
- Winter Squash
- Yams

ENHANCERS

> UNLIMITED

- Apple Cider Vinegar
- Balsamic Vinegar
- Chicken Stock
- Chutney
- Flavored Vinegars
- Garlic (fresh or garlic powder, not garlic salt)
- Horseradish
- Mustard
- Onion (fresh or dried)
- Parmesan Cheese
- Pepper (dried white and black)
- Peppers (fresh-jalapeno, chili, habanero)
- Pico de Gallo
- Preserves - all fruit, no added sugar
- Red Wine Vinegar
- Relish
- Rice Vinegar
- Salsa
- Soy Sauce
- Tomatoes (fresh, canned or dried)
- White Wine Vinegar

HERBS AND SPICES (FRESH, DRIED OR POWDER)

> UNLIMITED

- Basil
- Bay leaf
- Caraway
- Cayenne Pepper
- Chili powder
- Chives
- Cilantro
- Cinnamon
- Cumin
- Dill
- Ginger
- Marjoram
- Nutmeg
- Oregano
- Paprika
- Rosemary
- Sage
- Tarragon
- Thyme
- Turmeric

NATURAL SWEETENERS

> UNLIMITED

Calorie-free *Calorie Containing (3-4 teaspoons/day)*

- Stevia
- Monk Fruit
- Aguava
- Brown Sugar
- Cane Sugar
- Coconut Sugar
- Honey
- Natural Maple Sugar

HEALTHY FATS

2-4 servings per day

> SERVING SIZE = SIZE OF 1-2 THUMBS

- Almonds
- Avocado
- Avocado Oil
- Canola Oil
- Cashews
- *Cheese - part-skim or 2% milk
- Chia
- Coconut Oil
- Flaxseed
- Flaxseed Oil
- Grapeseed Oil
- Hazel Nut
- Macadamia Nut
- Nut Butter - natural (no hydrogenated oil)
- Olive Oil
- Olives
- Peanuts
- Pecans
- Pine Nuts
- Pistachio
- Pumpkin Seeds
- Sunflower Seeds
- Walnuts
- Walnut Oil

NO CALORIE

> UNLIMITED

- Black Tea - unsweetened
- Coffee/decaf
- Green Tea - unsweetened
- Herbal Tea - unsweetened
- Water
- Water - fresh squeezed citrus (lemon, lime, orange)
- Water - fruggie infused
- Water - herb infused

LOW CALORIE

> UP TO TWO CUPS PER DAY

- Black Tea - sweetened
- Cappuccino - skim milk, lightly sweetened
- Coffee - sweetened
- *Fruit Juice - calcium fortified (4 oz serving)
- Fruit Juice - light, healthy, diet
- 100 % Fruit Juice (4 oz serving)
- Green Tea - sweetened
- Herbal Tea - sweetened
- Latte - skim milk, lightly sweetened
- *Milk - skim
- *Milk - soy
- Sparkling Water - splash of fruit juice
- Sport Drinks - low calorie
- Tomato Juice

(*) Good sources of Calcium. We recommend that you choose 2-4 good sources of calcium daily to meet you calcium needs.