

RECOMMENDED FOOD CHOICES

1. Proteins

-Chicken Breast	-Turkey Breast	-Lean ground Turkey	-
Tuna	-Crab	-Lobster	-
Shrimp	-Eggs		
-Lean Beef-Buffalo	-Trout	-Wild game meat	-
Cod	-Sea Bass	-Real Cheeses	-
Milk	-Salmon		
-Swordfish	-Nuts	-Seeds	

2. Vegetables

-Artichokes	-Asparagus	-Beets, red	-Bok Choy
-Broccoli	-Brussels Sprouts	-Cabbage	-Carrots
-Cauliflower	-Celery	-Chives	-Cucumbers
-Eggplant	-Garlic	-Kohlrabies	-Leeks
-Mushrooms	-Peppers (any color)	-Radishes	-Onions
-Squashes	-Sweet Potatoes	-Yams	

3. Lettuces & Greens

-Arugula	-Beet Greens	-Collard Greens	-Endive
-Dandelion Greens	-Escarole	-Mustard Greens	-Radicchio
-Red & Green Leaf	-Romaine	-Spinach	-Kale
-Swiss Chard	-Watercress		

4. Fruit

-Apples	-Apricots	-Avocados	-Bananas
-Blackberries	-Blueberries	-Cantaloupe	-Cherries
-Cranberries	-Figs	-Grapefruit	-Grapes
-Guavas	-Honeydew	-Kiwi	-Kumquats
-Lemons	-Limes	-Loganberries	-Mangos
-Mulberries	-Nectarines	-Oranges	-Papayas
-Peaches	-Pineapple	-Plums	-Rhubarb
-Pomegranates	-Raspberries	-Strawberries	-Tangerines
-Tomatoes			

5. Oils

-Olive Oil (Extra virgin)	-Coconut Oil	-Fish Oil	-Flaxseed Oil
-Grape Seed Oil			

6. Grains

-Wild Rice	-Brown Rice	-Lentils	-Quinoa
-Spelt	-Bulgur	-Steel-Cut Oats	-Barley

***Remember the plate diagram...** a balanced meal is ½ vegetables and fruits, ¼ lean protein, ¼ complex carbohydrates (rice, yams, etc) and a small amount of fat.