

Food List

Non-exclusive Food List

Proteins:

- Chicken Breast
- Chicken Thighs
- Salmon
- Cod
- Tuna
- Ground Turkey
- Ground Beef
- Ground Chicken
- Beef
- Pork
- Shrimp
- Lamb
- Bacon
- Tofu
- Eggs

Fruits:

- Apples
- Oranges
- Berries
- Pears
- Plums
- Grapefruit
- Grapes
- Apricots
- Melon
- Cherries
- Kiwi
- Tomatoes

Vegetables:

- Broccoli
- Cauliflower
- Squash
- Green Beans
- Asparagus
- Bell Peppers
- Onions
- Spinach
- Cucumbers
- Cabbage
- Radishes
- Snap Peas
- Mushrooms
- Okra
- Bok Choy
- Artichokes
- Kale
- Eggplant
- Brussels Sprouts
- Salad Greens

Dairy:

- Cottage Cheese
- Milk
- Greek Yogurt
- Cheese

Starches:

- High fiber pasta
- High fiber bread
- Quinoa
- Rice
- Oatmeal
- Millet
- Amaranth
- Barley
- Sweet Potatoes

Snacks:

- Homemade Popcorn
- Dry roasted Nuts
- Carrots & Celery
- Hummus
- Rice Cakes
- Hard Boiled Eggs
- Low fat cheese sticks

Fats/Oils:

- Extra Virgin Olive Oil
- Avocado Oil
- Coconut Oil
- Nut Butters
- Avocado
- Coconut Milk

Condiments:

- Hot sauce
- Vinegar
- Mustard
- Herbs and Spices