



Carbohydrate <i>1/4 cup uncooked starch=1 serving</i>	Vegetables	Protein	Fruits
Brown rice or white rice Sweet potato or regular potato (3.5oz) Barley Wheatberries Farro Oats/oatbran Quinoa Ezekial Bread, Ezekial English muffins or Ezekial wraps Rice cakes (3=1 serving) Beans (1/2 C=1 serving) Squash (kabocha, spaghetti, butternut, acorn, pumpkin) Brown Rice pasta Whole wheat cous cous serving whole grain cereal	Broccoli Green beans/snap peas Asparagus Yellow Squash Greens (kale, mustard greens, collard, romaine lettuce, arugula) Bok Choy Celery Mushrooms Sprouts Cauliflower Brussels sprouts Peppers Zucchini	Chicken breast 98% lean ground turkey 93/7 lean ground beef White tuna packed in water Egg whites White fish (tilapia, cod, haddock, scallops, shrimp) Tofu (2x a week only) Greek yogurt PLAIN. Limit 1x per day Cottage cheese (fat free or 1%) Kefir (this has carb in it though!) Jerky (limit to 3oz) Whey or brown rice protein (1 scoop/day)	Berries Citrus fruits Pineapple Honeydew/melon Stone fruits (plums, peaches, nectarines) Grapes Apples pears Cherries Banana (limit to 1 serving a day) Mango Kiwi Clementines Melon

Condiments	Healthy Fats	Other
Rice wine vinegar Balsamic vinegar Spicy or Dijon mustard Soy sauce (low sodium) Salsa (under 100mg sodium) All spices (not including salt) Hot sauce (limit due to sodium) Garlic Shallots Low fat salad dressing (homemade) Tomato paste Goat cheese (1x a day)	Olive oil Flax seed/flaxseed oil udo's oil Almond or walnut oil Avocado Raw almonds cashews (limit) Tahini paste (ground sesame seeds) Coconut oil Sunflower/pumpkin seeds Salmon or blue fish Chia seeds (2T max per day) Hemp seeds (2T max per day)	Tea Raw honey (sparingly) Sugar free syrup (sparingly) Sugar free jelly (1x a day) Coffee (2x a day with little milk or black) Unsweetened almond milk Unsweetened cocoa powder Hummus (1x per day) PB2 (powdered PB)