



Food List

<u>Protein</u>	<u>Fats</u>	<u>Carbs</u>	<u>Veggies</u>	<u>Misc.</u>
Chicken Breast (Skinless)	Organic Peanut Butter	Small Sweet Potato	Kale	Any Sauce
<i>Bison</i>	Almond Butter	Red Potato (Mod.)	Spinach Leaves	Any Vinaigrette
Venison	Coconut Oil	Any Bean/ Legumes	<i>Asparagus</i>	<i>Ketchup</i>
Lean Steak	Grassfed Butter	Cooked Brown Rice	Broccoli	<i>Mustard</i>
99% Lean Turkey Breast	Olive Oil	Cooked White Rice	Zucchini	<i>Olives</i>
93%+ Lean Ground Turkey	Small Avocado	Cooked Quinoa	Squash	Salsa
96%+ Ground Sirloin Beef	Cup Any Nuts	Ezekiel Bread	Carrots	Herbs/ Spices
Vegan Meats	Plant Milks/Creamer	Oats	Red/Purple Onion	Seasonings
Any White Fish	Seeds	Any Berries	Cucumber	Cinnamon
Any Shellfish		Bananas	Celery	
Tuna		Apples	Peppers	
Pork Tenderloin		Lemons	Romaine Lettuce	
Egg / Egg Whites		Limes	Spring Mix	
Hummus		Dates	Cauliflower (Rice)	
Tofu			Mushrooms	
0% Greek Yogurt			Brussel Sprouts	
0% Cottage Cheese			Arugula	
			Tomato	
			Garlic	
			Beets	