

## Vegetables

-Artichokes  
 -Arugula  
 -Asparagus  
 -Beet greens  
 -Beets  
 -Bok choy  
 -Broccoli  
 -Broccolini  
 -Broccoli slaw  
 -Brussels sprouts  
 -Butterhead lettuce  
 -Button mushrooms  
 -Cabbage  
 -Cactus  
 -Carrots (all)  
 -Cauliflower/cauliflower rice  
 -Celery  
 -Celery root  
 -Chanterelle mushrooms  
 -Chayote  
 -Chinese cabbage  
 -Collard greens  
 -Cremini mushrooms  
 -Cucumbers (all)  
 -Dandelion greens  
 -Eggplant  
 -Endive  
 -Enoki mushroom  
 -Fennel  
 -Green beans  
 -Green bell pepper  
 -Hearts of palm  
 -Jerusalem artichoke  
 -Jicama  
 -Kale  
 -Kohlrabi  
 -Leek  
 -Mesclun  
 -Morel mushrooms  
 -Mustard greens

-Napa cabbage  
 -Okra  
 -Onions (all)  
 -Orange bell pepper  
 -Oyster mushrooms  
 \*Pickled & fermented  
 veggies (kimchi, sauerkraut, etc.)  
 \*Pickles  
 -Porcini mushrooms  
 -Portobello mushrooms  
 -Radicchio  
 -Radishes/daikon  
 -Rainbow chard  
 -Rapini (broccoli rabe)  
 -Red bell pepper  
 -Rhubarb  
 -Romaine lettuce  
 -Rutabaga  
 -Seaweed, raw  
 -Shallots  
 -Shiitake mushrooms  
 -Snow peas  
 -Spaghetti squash  
 -Spinach  
 -Sprouts  
 -String beans  
 -Sugar snap peas  
 -Summer squash  
 -Swiss chard  
 -Tomatillos  
 -Tomatoes (all)  
 -Turnip  
 -Turnip greens  
 -Water chestnuts  
 -Watercress  
 -Yellow bell peppers  
 -Yellow squash  
 -Zucchini

## Protein

**Eggs & Dairy**  
 \*Cheese wedges (light; all varieties)  
 \*Cottage cheese (1-2%)  
 -Egg whites  
 -Eggs (whole)  
 -Feta cheese (reduced-fat)  
 -Greek yogurt (plain, 0-2%)  
 -Kefir (plain, low-fat)  
 -Protein powder (egg- or whey-based)  
 \*Ricotta cheese (part skim)  
 \*Slice of cheese (cheddar, Swiss, etc.; low-fat, 1-2%)  
 \*String cheese (light; all varieties)  
 -Yogurt (plain, 1-2%)  
**Chicken & Turkey**  
 -Chicken or turkey breast, skinless, boneless, or on-the-bone  
 \*Chicken or turkey deli slices (nitrite-free)  
 -Chicken or turkey drumsticks, skinless  
 -Chicken or turkey thighs, skinless, boneless, or on-the-bone  
 -Ground chicken or turkey (>93% lean)  
 \*Turkey bacon (nitrite-free, uncured)  
 \*Turkey breast, skinless, boneless, or on-the-bone  
 \*Turkey jerky (nitrite-free)

\*Turkey sausage (lean, nitrite-free)  
 \*Turkey jerky (nitrite-free)  
 \*Turkey sausage (lean, nitrite-free)  
**Beef, Pork & Game**  
 -Beef chuck shoulder steak  
 \*Beef jerky (nitrite-free)  
 -Beef round tip (steak and roast)  
 -Beef top round (steak and roast)  
 -Beef top sirloin steak rice  
 -Bison/buffalo  
 -Ground beef (>95% lean)  
 \*Ham slices (nitrite-free)  
 -Ostrich  
 -Pork tenderloin  
 -Venison  
**Seafood**  
 \*Ahi tuna  
 -Catfish  
 \*Clams  
 -Cod  
 \*Crab  
 -Halibut  
 \*Lobster  
 -Mahi-mahi  
 -Mussels  
 -Octopus  
 -Oysters  
 -Salmon  
 \*Sardines (fresh or canned in water)  
 -Sashimi/raw fish/sushi (wrapped in cucumber or seaweed instead of rice)

## Fiber & Carbs

**Starchy Veggies**  
 -Acorn squash  
 -Butternut squash  
 -Cassava/yuca  
 -Corn  
 -Green peas  
 -Parsnips  
 -Plantains  
 -Potato  
 -Pumpkin puree  
 -Sweet potato  
 -Taro  
 -Yam  
**Beans & Legumes**  
 -Adzuki beans  
 -Bean-based soup  
 -Bean pasta  
 -Black beans  
 -Cannellini beans  
 -Fava beans  
 -Garbanzo beans (chickpeas)  
 -Great northern beans  
 -Hummus  
 -Kidney beans  
 -Lentils (black, brown, red)  
 -Lima beans  
 -Mung beans  
 -Navy beans  
 -Peas (black-eyed, cow, etc.)  
 -Pinto beans  
 -Vegetarian refried beans  
**Fruit**  
 -Apples  
 -Applesauce, unsweetened  
 -Apricots  
 -Banana  
 -Blackberries  
 -Blueberries  
 -Cantaloupe  
 -Cherries  
 -Figs  
 -Grapefruit  
 -Grapes  
 -Guava  
 -Honeydew melon  
 -Jackfruit (all)

-Kiwifruit  
 -Mango  
 -Nectarine  
 -Orange  
 -Papaya  
 -Passion fruit  
 -Peach  
 -Pear  
 -Pineapple  
 -Plum  
 -Pluot  
 -Pomegranate  
 -Raspberries  
 -Strawberries  
 -Tangerine  
 -Watermelon  
**Whole Grains**  
 -Amaranth  
 -Barley  
 -Bran cereal (low sugar)  
 -Bread (whole-grain)  
 -Brown rice  
 -Buckwheat  
 -Bulgur  
 -Crackers (whole-grain)  
 -English muffin (whole-grain)  
 -Farro  
 -Hominy  
 -Millet  
 -Oats (plain steel-cut, rolled, or instant with low- or no-added sugar)  
 -Pancake (whole-grain)  
 -Pasta (whole-grain)  
 -Pita bread (whole-grain)  
 -Popcorn (with 0 g trans fats)  
 -Quinoa  
 -Sandwich slim (whole-grain)  
 -Sorghum  
 -Spelt  
 -Tortilla (whole-grain)  
 -Waffles (whole-grain)  
 -Wheat farina  
 -Whole wheat couscous  
 -Wild rice  
 -Wraps (whole-grain)

## Treats

-Alcohol (beer, liquor, wine)  
 -Bagels  
 -Brownies  
 -Cakes  
 -Candy  
 -Candy bars  
 -Chocolate  
 -Coffee creamer  
 -Cookies  
 -Croissant  
 -Deep-fried foods  
 -Donut  
 -French toast  
 -Frozen yogurt or comparable non-dairy frozen treat  
 -Ice cream  
 -Muffins  
 -Pizza  
 -Potato chips  
 -Pretzels  
 -Sugar-sweetened beverages (juice, lemonade, tea etc.)  
 -Tortilla chips  
 -Mustard  
 \*Salsa  
 \*Seasoning blends (first two ingredients should not be salt or sugar)  
 -Seltzer water  
 \*Soy sauce, low sodium  
 -Spices  
 -Stevia  
 -Tea, unsweetened  
 -Vinegar, unsweetened  
 -Water

## Free Foods

\*Broth (beef, chicken, fish & vegetable)  
 -Cocoa (cacao) powder  
 -Coffee, black, unsweetened  
 -Herbs, fresh, dried or frozen  
 -Horseradish  
 -Hot sauce  
 -Lemon juice  
 -Lime juice  
 -Monk fruit sweetener

## Healthy Plate Guidelines

### Guidelines for Extras

- Pick 1 or 2 per meal
- Use less to start with (if you want more, you can always come back later).
- Measure/track how much you use.
- 0-40 calories per Tbsp.
- Does not contain salt or sugar in first two ingredients.
- Simple ingredients. No artificial sweeteners, no corn syrup, no high fructose corn syrup

### Water Additions

- Cucumber
- Lemon
- Lime
- Mint
- Pure aloe vera juice
- Water enhancers (all-natural flavor)
- Whole fruit pieces

## Extras (in Moderation)

- \*Almond butter
- Avocado & guac
- \*Bacon, pork
- Butter
- Cacao nibs
- \*Cashew butter
- Clarified butter
- Coconut, unsweet
- Coconut milk
- \*Full-fat cheese
- Ghee
- \*Nuts
- Oil
- Olives
- Peanut butter
- Pesto
- \*Sausage
- \*Seeds
- Sunflower seed butter
- Tahini
- Agave
- Sugar (brown, cane & white)
- Dried fruit
- Fruit juices
- Honey
- Jelly & Jams
- Maple syrup
- Molasses
- Alfredo sauce
- Balsamic vinaigrette
- Barbecue sauce
- Blue cheese dressing
- Italian dressing
- Ketchup (w/o hfc's)
- Marinara sauce
- Mayonnaise, light or low fat
- Powdered peanut butter
- Ranch dressing
- Sour cream, light or reduced-fat
- Thai peanut sauce
- Thousand Island dressing
- Tomato paste/sauce
- All other vinaigrettes & salad dressings
- Milk (reduced-fat, 1-2%)
- Unsweetened plant-based milks

### Tips for buying Fiber & Carbs:

- Choose ones you won't overeat
- Serving size is easy to track
- 150 calories or less
- At least 1 g fiber for every 10 g total carbs (more fiber is better)
- Pick ones with the same fiber grams and sugar grams. More fiber is always welcome!
- No trans fats

\*can be high in sodium