

FOOD CHOICE

RECOMENDATIONS



These food options just serve as a starting point for ideas!

- **PROTEIN**

SIRLOIN STEAK

LEAN STEAK

CHICKEN BREAST

TUNA

SHRIMP

SALMON

WHITE FISH

LEAN GROUND BEEF

WHOLE EGGS

EGG WHITES

GROUND TURKEY

GREEK YOGURT

WHEY PROTEIN POWDER

- **CARBOHYDRATES**

WHITE/JASMINE RICE

BROWN RICE

GLUTEN FREE PASTA

RICE CAKES

SWEET POTATOES

WHITE POTATOES

OATMEAL

QUINOA

- **CARBOHYDRATES – FROM FRUITS**

APPLE

BLACKBERRIES

BLUEBERRIES

STRAWBERRIES

RASPBERRIES

KIWI

MANGO

BANANA

ORANGES

● **VEGETABLES**

ASPARAGUS

BROCCOLI

BRUSSEL SPROUTS

CARROTS

CAULIFLOWERS

BEETS

GREEN BEANS

KALE

SPINACH

TOMATO

MUSHROOMS

ONIONS

ZUCCHINI

PEPPERS

● **FATS**

PEANUT BUTTER

OLIVE OIL

ORGANIC BUTTER

COCONUT OIL

AVOCADO OIL

AVOCADO

ALMONDS

FLAX SEEDS

WALNUTS

MCT OIL

MACADAMIAS

MACADAMIA OIL

PECANS