



CARBOHYDRATE SIMPLE-VEGETABLES	CARBOHYDRATE SIMPLE-FRUITS	CARBOHYDRATE COMPLEX
Kale	Raspberries	Sweet Potatoes-chopped or mashed, or 1/2 small
Watercress	Blueberries	Yams-chopped or mashed, or 1/2 small
Collard Greens	Blackberries	Edamame-shelled
Mustard Greens	Strawberries	Quinoa-cooked
Spinah	Pomegrante, 1 small	Beans (kidney, black, garbanzo, white, lim,a
Bok Choy	Guava, 2 medium	fava-cooked, drained
Brussel Sprouts	Starfruit, 2 medium	Lentils-cooked, drained
Broccoli	Passion Fruit, 3 fruits	Peas
Asparagus	Watermelon, chopped 1 cup	Refried Beans-nonfat)
Beets	Cantaloupe, chopped 1 cup	Rce-whole grain or wild)
Tomatoes	Orange-1 medium	Potatoe-chopped or mashed, or 1/2 small
Squash	Tomato Sauce-plain pr marinate-1 cup	Corn on the Cob-1 ear
Seaweed	Tangerine-2 small	Amaranth
String Beans	Apple-1 small	Millet
Peppers (sweet)	Apricots-4 small	Buckwheat
Carrots	Grapefruit-1/2 large	Barley
Artichokes	Cherries-1 cup	Bulgur
Eggplant	Grapes-1 cup	Oatmeal (steel-cut or rolled)
Snow Peas	Kiwifruit-2 medium	Whole Grain Pasta
Cabbage	Mango-1 cup	Whole Grain Couscous
Cucumbers	Peach- 1 lage	Whole Grain Bread-1 slice
Celery	Plum-2 small	Tortilla (corn) 2 small-6 inch
Lettuce	Applesauce-1 cup	Tortilla (whole grain)-1 small-6 inch
Mushrooms	Nectarine- 1-large	
Radishes	Pear-1 large	
Turnips	Pineapple-1 cup	
Onions	Bananna- 1/2 large	
Sprouts	Salsa-1 cup	
Vegetable Broth	Figs- 2 small	



PROTEIN PLANT BASED-ALTERNATIVE	PROTEIN ANIMAL
Beans, Lentils & Seeds & Greens	Sardines (fresh or canned in water), 7 medium Boneless,skinless chicken or turkey breast Duck Breast Goat Lean Ground Chicken or Turkey-93% lean Fish, Fresh Water (catfish, tilapia, trout) Fish, Cold Water (cod, salmon, halibut, tuna) Game (buffalo, bison, venison, rabbit) Eggs-2 large Egg Whites-8 large Greek Yogurt-(plain 2%) Shelfish (shrimp, crab, lobster) Clams (canned, drained) Octopus Squid Red Meat-(extra lean) Lean Ground Red Meat (95% lean) Tempeh Tofu (firm) Pork Tenderloin Tuna (canned light in water, drained) Turkey Slices-nitrate free (min. processed)-6 slices Ham Slices-nitrate-free (mi. processed)-6 slices Cottage Cheese (2%)-1/2 cup Protein Powder (hemp, rice, pea)-1 1/2 scoop Veggie Burger-1 medium patty Turkey Bacon-nitrate-free-4 slices Chicken or Turkey Sausage-lean nitrate-free (uncurred) -1 link, 1 patty or ground



HEALTHY FATS NUTS, FRUIT, CHEESE	HEALTHY FATS SEEDS & DRESSINGS	HEALTHY FAT-1 teaspoon OILS & NUT BUTTERS
Avacado, mashed or 1/4 medium Almonds-whole & raw-12 Cashews-whole & raw- 8 Peanuts-whole, dry roasted-14 Pistachios-whole, raw-20 Pecan Halves-raw-10 Walnut Halves-raw-8 Hummus-1/4 cup Coconut Milk (canned)-1/4 cup Feta Cheese-crumbled-1/8 cup Goat Cheese-crumbled-1/8 cup Mozzarella-(low moisture)-Shredded-1/8 cup Cheddar-shredded-1/8 cup Provolone-shredded-1/8 cup Monterey Jack-shredded-1/8 cup Parmesan-shredded-1/8 cup	Pumpkin Seeds-raw 1/4 cup Sunflower Seeds-1/4 cup Sesame Seeds-1/4 cup Flax Seeds-1/4 cup Chia Seeds-1/4 cup Hemp Seeds-1/4 cup Pine Nuts-1/4 cup Olives-10 medium Coconut (unsweetened)-shredded 1/4 cup Oil Based Salad Dressing-1/4 cup	Extra-virgin Olive Oil Extra-virgin Coconut Oil Faxseed Oil Walnut Oil Pumpkin Seed Oil Sesame Oil Cacao Nibs Nut Butters (peanut, almond, cashew) Seed Butters (pumpkin, sunflower, sesame (tahini) Butter Ghee Pesto Mayonnaise (fixate or similar)

