



FAT LOSS ACCELERATOR TEMPLATE

FOOD LIST

 PROTEIN	Skinless chicken/turkey Any white fish/tuna shellfish Ex. lean group. Beef/tukey Lean bison/venison	1 egg + 3/4 cup egg whites 3/4-1 cup egg whites 1/2-1 cup 0-2% Gr. Yogurt 1/2-1 cup 0-2% Cottage Cheese	1-1.5 scoops Protein powder 3/4-1 can tuna in water Yves Veggie Italian sausage/deli meat	4-6 oz tofu/tempeh 3/4 cup edamame lean turkey sausage 4-6 oz Seitan Lean Deli Meat* Nutritional Yeast *Eat less often
 VEGGIES	LOWER CARB: Cucumbers/celery Bell peppers Tomatoes Zucchini Broccoli/cauliflower Cabbage/brussel sprouts	LOWER CARB CON'T Any green leafy veg Mushrooms Asparagus Green beans Radishes, eggplant Spaghetti squash	MODERATE CARB Kobacha squash Turnips Carrots Beets Peas	HIGHER CARB Butternut Squash Acorn Squash Other squashes Pumpkin
 CARBS	Potato of any variety Cooked brown/wild rice Cooked quinoa/barley Legumes Oats or cooked oatmeal Corn	Tennis ball size fruit Cup of melon 1/2- 1 small banana 1 Cup of berries 1-2 clementines 1/2-3/4 cup grapes	Whole wheat pasta Legume Pasta Whole wheat tortilla Rice Cakes Ryvita crackers puffed rice/kamut Ezekiel bread	Cereal with >4 g of fibre, < 5 g of sugar Brown Bread >4 g fibre White rice/Pasta Corn tacos Homemade bread/sourdough
 FAT	LOWER FAT/VOLUME 5% sour cream Olives avocado Light Feta Cheese unsweetened coconut light coconut milk	hummus/tzaziki goat's cheese low fat shredded cheese coffee creamers tahini Sun-dried tom. pesto	Low fat cheese Pesto Egg yolk Any natural nut butter	HIGHER FAT/VOLUME Olive/Avocado oil Butter/Ghee Coconut Oil Canola Oil?
 LOW CAL FLAVOUR ADDER IDEAS	"FREE" Dry Spices/Herbs/Rubs (Saigon) Cinnamon Fresh Herbs Stevia Hot Sauce Salt/Pepper Lemon Juice	MINIMAL CARB CON'T Vinegar Soy Sauce Mustard Curry Paste Salsa Horseradish/Wasabi Cocoa	LOW CARB/FAT/CALS Kimchi Sauerkraut Pickles Salsa Nutritional Yeast Powdered PB 5% Sour cream	OTHER Hummus/Tzaziki Sundried tomatoes Olives Light Feta

"MEXICAN" : **Salsa** (at least 4tbsp and more if macros allow it) + **2 tbsp 5% sour cream** + optional Nutritional Yeast

"GREEK" **1 ounce low fat feta + balsamic vinegar** - good on rice/quinoa + raw zucchini or broc, bunch of cherry tomatoes and then can of tuna or chicken for protein

TAHINI SALAD DRESSING/STIR-FRY SAUCE: **1 tbsp Tahini + 2-3 tbsp Apple cider vinegar + 1/2-1 tbsp low sodium soy sauce**