

Recommended Food List

STARCHY CARBS

IDEAL

- beans
- black-eyed peas
- brown rice
- lentils
- oat bran
- oatmeal
- porridge
- potato
- pumpkin
- quinoa
- squash
- sweet potato
- yam

ACCEPTABLE

- barley
- corn
- couscous
- cream of rice
- cream of wheat
- high-fiber cereal
- popcorn
- spelt bread
- whole wheat pasta

SIMPLE CARBS

- apple
- apricot
- banana
- blackberries
- blueberries
- cantaloupe
- cherries
- cranberries
- figs
- grapefruit
- grapes
- guava
- honeydew melon
- kiwi
- lemon
- lime
- mango
- nectarine
- orange
- papaya
- pear
- pineapple
- plum
- pomegranate
- prunes
- raisin
- raspberries
- strawberries
- watermelon
- And all other fruits

FIBROUS CARBS

- alfalfa
- artichoke
- arugula
- asparagus
- beets
- bell peppers
- broccoli
- brussel sprouts
- cabbage
- carrot
- cauliflower
- celery
- collard greens
- cucumber
- eggplant
- fennel
- garlic
- green beans
- green peas
- jicama
- kale
- leeks
- lettuce (romaine, iceberg, bibb, etc)
- mushrooms
- okra
- onion
- parsnips
- radish
- spinach
- tomatoes
- zucchini
- And all other vegetables

PROTEIN

IDEAL

- buffalo
- chicken
- cottage cheese
- eggs
- fish
- greek yogurt
- lean beef
- lean pork
- shellfish
- turkey
- venison

ACCEPTABLE

- beans
- cheese
- milk
- nut butters
- nuts
- quinoa
- seeds
- seitan
- soy beans
- tempeh
- tofu

HEALTHY FAT

- almond butter
- almond milk
- almonds
- avocado
- avocado oil
- butter
- cashews
- chia seeds
- cheese
- coconut milk
- coconut oil
- eggs
- flaxseed
- flaxseed oil
- olive oil
- olives
- peanut butter
- peanuts
- pistachios
- pumpkin seeds
- salmon
- sardines
- sunflower seeds
- walnuts

Meal Guidelines

MEAL 1

PROTEIN + STARCHY CARB AND / OR SIMPLE CARB + HEALTHY FAT

+ AND / OR +

MEAL 2

PROTEIN + STARCHY CARB AND / OR SIMPLE CARB + HEALTHY FAT

+ AND / OR +

MEAL 3

PROTEIN + STARCHY CARB AND / OR SIMPLE CARB + FIBROUS CARB + HEALTHY FAT

+ AND / OR + +

MEAL 4

PROTEIN + FIBROUS CARB + HEALTHY FAT

+ +

MEAL 5

PROTEIN + FIBROUS CARB + HEALTHY FAT

+ +

Important Notes:

- A “meal” can be a small snack, just be sure to follow the above guidelines and stop eating when comfortably full.
- It’s okay to have fibrous carbs at meals 1 and 2 in addition to starchy and/or simple carbs.
- It’s okay if you have a little starchy or simple carbs at meals 4 and 5 once in a while IF they’re natural (not processed) and you have protein and healthy fat with them.
- Some foods high in protein also include healthy fat, such as eggs and salmon, so they can count as both.

Daily Checklist

- ☐ **Implement your plan for the day**, following these key principles and guidelines:
 - ☐ **Focus on natural carbs** and limit/avoid processed carbs.
 - ☐ **Include a protein and healthy fat** (with your natural carbs) at each snack and meal.
 - ☐ **Eat slowly and mindfully** and stop eating when comfortably full.
 - ☐ **Drink water** at each snack and meal and throughout the day.
 - ☐ Take every opportunity to **stay as active as possible**.
- ☐ **Plan your tomorrow with your Daily Planner** and let your coach know when it's ready for feedback (**IMPORTANT**).
- ☐ **If you stray from the plan, learn from your mistakes, put it behind you, and get right back on track.** We're here for you if you have questions or need support, encouragement, or accountability.

Weekly Checklist

- ☐ **Prepare your foods for the week** to make combining the right foods quick and easy. For example: grilling chicken and veggies, roasting sweet potatoes, making a batch of oatmeal, etc.
- ☐ **Make a plan for when you'll exercise** and how you'll get more active.
- ☐ **Identify any obstacles in your way**, so we can come up with a plan to overcome them together as a team.
- ☐ **Attend the group coaching calls** and engage in the community site for additional support, encouragement, and accountability.
- ☐ **Watch the Lesson Plan Videos** and let your coach know if you have questions or bring them to the group coaching calls for answers.
- ☐ **Measure your progress on the same day/time each week** by weighing yourself and measuring the circumference of your waist (refer to the "Measuring Progress" Lesson Plan video).