

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