

Protein Sources	Non-Starchy Veggies	Healthy Fat Sources	Nutrient Rich Carb/Starch *Limit	Nutrient Poor Foods *Avoid
<ul style="list-style-type: none"> • *Beans • Lean Beef (ground, steak, liver, stew, roast, corned, jerky) • Chicken (breast, tenders, wings, ground, canned, deli) • Cottage cheese • *Edamame (shelled) • Eggs • Greek Yogurt (plain) • *Lentils • Pumpkin Seeds • Lean Pork (loin chop, deli) • Protein Bars • Protein Powder/shakes • Seafood (fish, shrimp, crab, oysters, clams, mussels, scallops, lobster) • Sunflower Seeds • Tofu • Turkey (ground, sausage, bacon, jerky, deli) • Wild Game (deer/venison, elk, buffalo, duck, wild boar, goose, lamb, rabbit, ostrich) <p>* These sources are higher in carbohydrates than the other protein sources.</p>	<ul style="list-style-type: none"> • Artichoke • Asparagus • Green Beans • Broccoli • Brussels Sprouts • Cabbage • Cauliflower • Celery • Cucumber • Eggplant • Green Onion • Kale • Leeks • Leafy Greens/Lettuce • Mushrooms • Okra • Onions • Pea Pods • Peppers (all varieties) • Radishes • Spinach • Tomato • Turnips • Watercress • Yellow Squash • Zucchini 	<ul style="list-style-type: none"> • Avocado • Avocado Oil • Chia Seeds • Coconut • *Coconut Oil • Cacao 75% or Greater Dark Chocolate • Eggs (pasture raised) • Flaxseed • Ghee • Nuts • Nut Butters (peanut, almond, etc.) • *Nut Oils • *Olive Oil • Omega 3 (fish oils) <p>*look for first cold pressed/extra virgin</p>	<ul style="list-style-type: none"> • Beans • Beets • Carrots • Fruit • Green Peas • Lentils • Parsnips • Plantain (chips) • Pumpkin • Purple Potatoes • Quinoa • Sweet Potatoes • Taro • Winter Squash (such as acorn or butternut squash) • Yams 	<ul style="list-style-type: none"> • Baked Goods • Battered Foods • Bread • Cereal • Chips • Crackers • Fried Foods • Fruit Juices • Granola • High Calorie/ Sugary Beverages • Refined Salt (use Himalayan or Celtic) • Oatmeal • Pasta • Pastries • Processed Cheese • Processed Meats • Pretzels • Rice • Sweets/Sugar • Tortillas • Vegetable Oils (canola, corn, soy) • Veggie juices (V8) • White Potatoes

