

## FOODS LIST

**Lean Proteins** — —> Serving size - Palm of hand

Lean Beef	Seafood (shrimp, scallops, etc.)
Chicken Breast (Grilled or Baked)	Turkey Breast (Grilled or Baked)
Fish (tuna, salmon, etc.)	Lean Pork
Bison, venison, and other game animal	Egg Whites
Greek Yogurt	Whey Protein

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**Carbs** — —> Serving size - Hand cupped

Whole Grains Oatmeal	Brown Rice
Quinoa	Whole Wheat bread, pasta
100% Whole grain bread, pasta, cereal	

Any Fruit

### Lentils

Chick peas	Black-eyed Peas
Green Peas	String Beans
Kidney Beans	Black Beans
String Beans	

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Veggies — —> Serving size - size of fist

Broccoli	Spinach
Lettuce	Onions
Tomatoes	Green Pepper
Asparagus	Cabbage
Portabella Mushrooms	Yellow Squash
Zucchini	Green Beans
Cucumbers	Celery
Cauliflower	

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**Healthy Fats** — —> Serving size - size of your thumb

Small handful of any nuts	1tbsp canola oil
1/2 avocado	2tbsp any natural nut butter
1 tbsp olive oil	