

## Lean Protein

### Meats

- Lean/Extra Lean cuts of beef
- Lamb
- Lean Pork (eg. pork tenderloin)
- Wild Game (eg. venison, elk)

### Poultry

- Chicken
- Turkey
- Duck
- Eggs & Egg whites

### Fish

- Tuna
- Salmon
- Tilapia
- Cod
- Haddock
- Trout
- Sardines or Mackerel

### Seafood and Shellfish

- Shrimp (fresh or plain frozen)
- Mussels, clams, scallops
- Crab, Lobster
- Squid (calamari) or octopus

### Dairy

- Milk
- Cottage Cheese
- Plain Yogurt/ Greek Yogurt
- Protein Powders (eg. Whey Protein)

## Plant Based

- Lentils
- Beans
- Peas ( Chickpeas, pigeon peas, etc.)
- Hummus
- Tofu, tempeh
- Vegetarian protein powders (eg. hemp protein)

# Vegetables

- Bean Sprouts
- Beets
- Brussel Sprouts
- Cabbage
- Cauliflower
- Celery
- Cucumber
- Eggplant/ aubergine
- Fennel/ Anise
- Fresh Herbs (eg. parsley, basil)
- Garlic
- Green beans
- Green peas
- Green peppers
- Kale
- Lettuce
- Mushrooms
- Okra
- Onions, leeks, shallots
- Turnip greens
- Collard greens
- Radishes
- Rapini (broccoli rabe)
- Red lettuce (radicchio)
- Red peppers
- Rhubarb stems
- Spinach
- Sweet Potatoes
- Tomatoes
- Winter Squash
- Pumpkin
- Zucchini/ courgette

# Smart Carbohydrates

These are definitely better in the whole food version, packed with lots of nutrients and fiber.

## Whole Grains

- Oats
- Buckwheat
- Barley
- Brown, red or wild rice
- Amaranth
- Sorghum
- Quinoa
- Spelt
- Kamut
- Teff
- Wheat berries (whole wheat kernels)
- Sprouted grains or breads
- Whole grain pasta

## Starchy Tubers

- Purple, red or gold potatoes
- Sweet potatoes/ yams
- Yuca/ Cassava

## Legumes

- Lentils and Beans
- Bean/Lentil pasta

## Fruits

- Apples
- Apricots
- Bananas
- Berries
- Cantaloupe
- Cherries
- Cranberries (fresh)
- Currants (fresh)

- Grapefruit
- Grapes
- Guava
- Lemons
- Limes
- Mangoes
- Melons
- Oranges
- Peaches
- Nectarines
- Persimmons
- Pineapple
- Plantains
- Plums
- Pomegranates
- Strawberries
- Watermelon

# Healthy Fats

Less processed. Whole food versions are preferred

## Cold-Pressed Oils

- Extra-virgin Olive Oil
- Walnut oil
- Hemp Seed oil
- Pumpkin Seed oil
- Avocado Seed Oil
- Flax Seed oil
- Extra-virgin Coconut oil
- Fish oil or Algae oil
- Butter (grass-fed organic if possible)
- Fresh Avocado or fresh guacamole

## Nuts and Seeds

- Raw, unflavored, unsalted nuts (eg. almonds, cashews, walnuts, pecans, Brazil nuts, hazelnuts, etc.)
- Raw, Unflavored, unsalted seeds (eg. pumpkin seeds, sunflowers seeds, hemp seeds, etc.)
- Ground Flax Seeds
- Coconut (including fresh coconut, coconut milk)
- Natural Peanut Butter
- Natural Nut or Seed Butters (eg. almond butter or tahini, etc.)