

Foods List

Protein

- Boneless Turkey Breasts
- Boneless Chicken Breasts
- Extra Lean Ground Chicken (i.e. Chicken Burgers at TJ)
- Fish (halibut, cod, wild salmon, shark, etc.)
- Extra Lean Ground Turkey (i.e. Turkey Meatballs at TJ)
- Lunch Meat (low/nonfat chicken or turkey breast)
- Eggs/ Fake Egg
- Cottage Cheese
- Non-Fat Yogurt (greek)
- Veggie Burger
- Tofu (not fried)

Dairy Products

- Nonfat Milk
- Lowfat/Nonfat Cheeses
- Fat-free egg substitutes
- Low/Nonfat Yogurt
- Low/Nonfat Cream Cheese
- Egg Whites
- Low/Nonfat Cottage/Ricotta Cheese

Grains/Carbohydrates

- Whole Wheat Buns/ Bread (must be first ingredient)
- Yams/Sweet Potatoes
- Brown Rice
- Slow-Cooked Oatmeal

- Kashi Cereal (example)
- Whole Grain Tortillas
- Whole Grain Rye Bread
- Whole Wheat Pancake Mix
- Whole Wheat/Quinoa Pasta
- Spelt Bread and Tortillas

Fruit

- Berries (all kinds)
- Kiwi
- Apples
- Oranges & Tangerines
- Grapes - Variety of color
- Grapefruit
- Pear
- Date
- Peaches, Nectarines, Plums
- 1/2 Banana

Vegetables

- Asparagus
- Artichokes
- Broccoli
- Cucumbers
- Eggplant
- Green Beans
- Bell Peppers - Variety of colors
- Tomatoes
- Celery
- Raw Baby Carrots
- Dark Green Lettuce (spinach, collard greens etc.)

Desserts

- Jello-O (Sugar Free)
- Fruits and Veggies
- Popsicles
- Hot Coco/Chocolate Tea
- Green/White Tea
- O'Coco's Chocolate Crisps
- Chocolate Protein Shake

Condiment, Spices and Sauces (no high fructose corn syrup)

- All Herbs and Spices, especially Cinnamon, Chili Powder & Turmeric
- Worcestershire sauce
- Reduced Sodium Teriyaki Sauce
- Salsa
- Non Fat Mayo
- Sweet and Sour Sauce
- BBQ Sauce
- Thai Seasoning
- Bruschetta - Watch the oil content.
- Tomato Sauce/Paste
- Mustards - Deli, Honey...
- Vinegar - Balsamic, Red and White Wine, etc.
- Lite Salad Dressing
- Relish

Healthy Fats (no corn, safflower, & sunflower oil)

- Nuts/ Natural Nut Butter
- Olive Oil
- Flax Seeds/Oil

This is a list of food to give you ideas and directions but not complete in any way.