**Suggested Foods List**

# Protein

Lean Turkey (Loin, Breast or ground) Haddock, Tilapia (or other white fish) Swordfish, Tuna  
Shellfish  
Lean Ground Beef

Greek Yogurt Eggs (particularly the whites)

# Vegetarian Proteins

Tempeh, tofu, Seitan

Veggie Burgers and other soy based substitutes  
Spirulina  
Legumes (beans)

Chicken Breast Salmon, Trout Lean Ham Buffalo

Low-Fat Cottage Cheese

# Carbohydrates

Sweet Potato, Yams

Beans (Kidney, Lima, Black, Pinto)

Asparagus, Broccoli, Spinach, Carrots, and Other Vegetables

High Fiber Cereals (Low in sugar)

Oatmeal

Whole Grain pastas, Egg Noodles and other Brown or wild rice

Quinoa, Barley,

# Good Fats

Avocado

Sunflower and Pumpkin Seeds

Salmon *\*\*also a great source of Protein* Natural Peanut and/or Almond Butter

Almonds, Peanuts, and other Low Fat Cheese

Peanut Oil Flax Oil Olive Oil

# Fats and Other foods to AVOID

Butter White Bread

Sugary Foods Whole-fat Dairy Products

Fried Foods Mayonnaise