

APPROVED FOOD LIST

Veggies

Kale
Collard Greens
Spinach
Brussels sprouts
Broccoli
Asparagus
Beets
Tomatoes
Squash
String Beans
Peppers
Carrots
Cauliflower

Artichokes
Eggplant
Snow Peas
Cabbage, chopped
Cucumbers
Celery
Lettuce
Mushrooms
Radishes
Sprouts

Meat, fish, protein (eggs + approved dairy)

Sardines
Boneless, skinless chicken or turkey breast
Lean ground chicken or turkey
Fish, cold water, wild caught (salmon)
Game: (bison, ostrich, venison)
Game: lean ground ($\geq 95\%$ lean)
Eggs
Greek yogurt
Shellfish (shrimp, crab, lobster)
Clams

Red meat, extra-lean
Lean ground red meat ($\geq 95\%$ lean)
Tofu
Pork Tenderloin
Tuna
Cottage cheese
Protein powder (hemp, rice, pea)
Protein powder (whey) – clean no added sugar

Carbs/Grains/Legumes

Sweet Potatoes
Yams
Quinoa
Lentils
Edamame
Peas

Fruits

Raspberries
Blueberries
Blackberries
Strawberries
Watermelon
Cherries

Fats

Avocados
Grass fed butter
Peanuts
Pecans
Walnuts
Coconut Oil
Coconut Milk