

HELP! WHAT DO I EAT!?

PROTEINS

- Fish
- Egg Whites
- Whey Protein
- Shrimp
- Deli Meat
- Turkey
- Cottage Cheese
- Pork
- Bone broth
- Tuna
- Turkey Bacon
- Turkey Sausage
- Greek Yogurt
- Chicken Breast

CARBS

- Bread
- Rice
- Potatoes
- Tortillas
- Popcorn
- Cereal
- Fruit
- Dried Fruit
- Pasta
- Wheat Thins
- Honey
- Squash
- Oats
- Quinoa
- Beans

FATS

- Olive oil
- Avocado
- Almonds
- Coconut Milk
- Coconut Oil
- Butter
- Salad Dressings
- Dark Chocolate
- Flax Seeds
- Sour Cream
- Cheese

CARBS + PROTEIN

- Overnight oats with whey protein
- Fruit and protein shake
- Greek yogurt and Fruit
- Egg whites and Bread
- Egg whites and potatoes
- Chicken and Potatoes
- Fat free cottage cheese and Fruit

PROTEIN + FAT

- Peanut butter
- Cheese
- Steak
- Chicken Thighs
- Egg whites and avocado
- Whole Eggs
- Bacon
- Sausage
- Sour Cream
- Cottage Cheese
- Fairlife Milk
- Pepperoni Sticks
- Beef jerky

CARBS + FAT

- Fruit and peanut butter
- Avocado Toast
- Fruit and dark chocolate
- Chips and Salsa
- Rice and butter
- Donuts
- Peanut butter toast
- Tortilla chips

FRUITS + VEGGIES

- Raspberries
- Blackberries
- Strawberries
- Blueberries
- Kiwi
- Lemon/Lime
- Peaches
- Pineapple
- Apricots
- Watermelon
- Cantaloupe
- Broccoli
- Cauliflower
- Carrots
- Cucumbers
- Zucchini
- Celery
- Tomatoes
- Cabbage
- Sugar snap peas
- Radishes

BEVERAGES

- Iced Tea
- Seltzer Water
- Coffee
- Flavored Water
- Diet Soda
- Chicken Broth
- Gatorade Zero

CONDIMENTS

- Salsa
- Coconut Aminos
- G Hughes Sauces (all of them)
- Bolthouse Dressings
- Fat free Sour cream
- Sugarfree Syrup
- Mustard (all the mustard)
- Tapatio

SNACKS

- Skinny Pop
- Sugarfree Jello
- Rice Cakes
- Sugarfree Pudding
- Jerky