

Authorized Foods List

Proteins

Buffalo
Chicken breast
Crab
Egg whites or substitutes
Haddock
Lean ground beef
Lean ground turkey
Lean ham
Lobster
Low-fat cottage cheese
Orange roughy
Salmon
Shrimp
Swordfish
Top round steak
Top sirloin steak
Trout
Tuna
Turkey breast
Wild-game meat

Carbohydrates

Apple
Baked potato
Barley
Beans
Corn
Fat-free yogurt
High-fiber cereal
Kidney beans
Melon
Oatmeal
Orange
Pasta
Popcorn
Pumpkin
Rice cake
Squash
Steamed brown rice
Steamed wild rice
Strawberries
Sweet potato
Tortilla
Whole grains
Whole-wheat bread
Yams

Vegetables

Artichoke
Asparagus
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Green beans
Green peppers
Lettuce
Mushrooms
Onion
Peas
Spinach
Tomato
Zucchini

Vegetarian Proteins

Seitan
Soy foods
Tempeh
Texturized vegetable protein
Tofu
Veggie burgers

Fats

Avocado
Canola oil
Cold-water fish
Flax seed oil
Low-fat cheese
Low-fat salad dressing
Low-sodium nuts
Natural peanut butter
Olives and olive oil
Pumpkin seeds
Safflower oil
Sunflower oil
Sunflower seeds

Fats to Avoid

Butter
Fried foods
Mayonnaise
Sweets
Whole-fat dairy products

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