



HEALTHY EATING OPTIONS

MEAL TIPS

- Never skip breakfast. Not eating first thing in the morning causes blood sugar to drop.
- Between meals, have a handful of nuts or piece of fruit to keep energy levels high.
- Don't eat after 7:30pm.
- Eat all meals with a 16 oz bottle of water.

PROTEINS

Chicken Breast	Shrimp
Egg Whites or Substitute	Swordfish
Haddock	Tempeh
Halibut	Tilapia
Lean Ground Turkey	Tuna
Orange Roughy	Turkey Breast
Quinoa	Whiting
Salmon	

CARBOHYDRATES

Barley	Squash
Corn	Steamed Brown Rice
Forbidden (Black) Rice	Steamed Wild Rice
Melon	Steel Cut Oats
Oatmeal	Strawberries
Orange	Sweet Potato
Pumpkin	Yam



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VEGETABLES

Artichoke	Lettuce
Asparagus	Mixed Greens/Dk. Green
Broccoli	Leafy Lettuce
Brussel Sprouts	Mushrooms
Cabbage	Mustard Greens
Carrots	Peas
Cauliflower	Romaine Lettuce
Celery	Spinach
Cucumber	Tomato
Green Beans	Zucchini
Kale	

SNACKS

Almonds	Grapes
Apples (Fuji suggested)	Oranges
Baked Corn Tortilla Chips	Pistachios
Bananas	Plantains
Blackberries	Popcorn
Boiled Egg Whites	(No Butter/Low Sea Salt)
Cashews	Raspberries
Fresh Salsa	Strawberries
Gluten/Sugar Free	Walnuts
Nutritional Bars	

CONDIMENTS, ETC.

Agave Nectar	Fresh Herbs
Coconut Oil	Sea Salt
Fresh Ground Black Pepper	White Cooking Wine