



J.Min Fitness

GET YOUR MIND RIGHT, BRING IN THE NEW
FOCUS ON A LIFESTYLE THAT LASTS FOREVER

LIST OF FOODS THAT WILL HELP YOU MAKE BETTER CHOICES

PROTEIN

EAT MORE

EGGS/EGG WHITES
CHICKEN BREASTS
LEAN BEEF
FISH
TURKEY
SHELLFISH
LAMB
BISON
DUCK BREAST/THIGHS
WILD GAME

PLAIN GREEK YOGURT
CULTURED COTTAGE
CHEESE

*TEMPEH
*LENTILS & BEANS

UNCULTURED COTTAGE
CHEESE

MEDIUM LEAN MEAT
TOFU
EDAMAME
BACON
MEAT JERKY
DUCK BREAST/THIGHS
POULTRY SAUSAGE

LEAN DELI MEAT
(MINIMALLY
PROCESSED)

EAT SOME

EAT LESS

FRIED MEATS
HIGH FAT GROUND
MEAT
HIGH FAT SAUSAGES
PROCESSED SOY
PROCESSED DELI
MEATS
PEPPERONI STICKS
HIGH MERCURY FISH

PRIORITIZE FRESH,
LEAN, MINIMALLY
PROCESSED SOURCES
OF PROTEIN, AND
CONSIDER LIMITING
RED MEAT TO- 18OZ
PER WEEK OR LESS

CARBS

EAT MORE

BEANS & LENTILS
QUINOA
FARRO
STEEL CUT, ROLLED, &
OLD-FASHIONED OATS
WHOLEGRAIN, BLACK,
AND WILD RICE
MILLET
BUCKWHEAT
SWEET POTATOES
TARO
YUCA
WHOLE OR SPROUTED
GRAIN BAGELS,
BREADS, PASTAS
(EDAMAME, LENTIL,
CHICKPEA PASTA), &
WRAPS

COUSCOUS
WHITE RICE
GRANOLA
INSTANT OR FLAVORED
OATS
MILK
FLAVORED YOGURT
FLAVORED KEFIR
VEGETABLE JUICES
PANCAKES & WAFFLES
WHOLEGRAIN
CRACKERS
OAT BASED GRANOLA
BARS
WHITE BAGELS,
BREADS, PASTAS, AND
WRAPS

EAT LESS

CEREAL BARS
FRUIT JUICES
FLAVORED MILK
CANNED, PUREED
FRUIT
SODA
DONUTS
COOKIES
CRACKERS
CAKES
OTHER PASTRIES
FOODS WITH 10+G
ADDED SUGAR
SOME OF THESE ARE
RICH SOURCES OF FAT
SO BE MINDFUL.

EAT SOME

FATS

EAT MORE

EXTRA VIRGIN OIL
WALNUT OIL
MACADEMIA NUT OIL
AVOCADO/AVOCADO OIL
SEEDS: CHIA, FLAX, HEMP,
PUMPKIN, SASAME
CHEESE AGED >6 MONTHS
EGG YOLKS
CASHEWS
PISTACHIOS
ALMONDS
BRAZIL NUTS
PECANS
PEANUTS/NATURAL PEANUT
BUTTER
NUT BUTTERS FROM OTHER
NUTS (ALMOND)
OLIVES
PESTO MADE WITH EXTRA
VIRGIN OIL
FRESH UNPROCESSED
COCONUT

VIRGIN/LIGHT
OLIVE OIL
EXPELLER PRESSED
CANOLA OIL
SESAME OIL
FLAXSEED OIL
COCONUT OIL/MILK
PEANUT OIL/REGULAR
PEANUT BUTTER
DARK CHOCOLATE
FISH/ALGAE OIL
CREAM
CHEESE AGED <6
MONTHS
TRAIL MIX
HIGH OLEIC
SUNFLOWER OIL

EAT SOME

EAT LESS

BACON
SAUSAGE
BUTTER
MARGARINE
PROCESSED CHEESE
CORN OIL
SUN FLOWER OIL
CANOLA OIL
VEGETABLE OIL
HYDROGENATED
OILS/TRANS FATS

FAT RICH FOODS
WITH 10+G ADDED
SUGAR

VEGETABLES

EAT THE RAINBOW

KALE
COLLARD GREENS
SPINACH
BROCOLLI
BRUSSEL SPROUTS
ASPARAGUS
CELERY
GREEN BEANS
ROMAINE LETTUCE
CHINESE CABBAGE
ICEBERG LETTUCE
SNAP PEAS
GREEN PEPPERS

SUMMER SQUASH
BUTTERNUT
SQUASH
ACORN SQUASH
YELLOW PEPPERS
YELLOW BEETS

CARROTS
PUMPKIN
ORANGE PEPPERS

MUSHROOMS
CAULIFLOWER
GARLIC
ONIONS
SHALLOTS
WHITE CARROT
JERUSALEM
ARTICHOKE

EGGPLANT
PURPLE
CAULIFLOWER
PURPLE ASPARAGUS
RUTABAGA
PURPLE CARROTS
PURPLE PEPPERS
PURPLE CABBAGE

BEETS
RHUBARB
RED CABBAGE
RADISH
RED LEAF LETTUCE
TOMATOES
RED PEPPERS
RED ONIONS

*IMPORTANT NOTES WHEN PLANNING YOUR MEALS:

1. Eat breakfast everyday (Breakfast increases metabolism, fuels the brain, provides energy. Don't confuse coffee with food.
2. Eat smaller meals more often (To control appetite and regulate blood sugar, gain muscle mass, improve concentration, and eliminate mood swings/overeating. Combining protein, carbs, and fat at each meal is best.
3. Get your nutrients from food, not supplements. Eat minimally processed foods without added sugars. Lean protein with each feeding opportunity.
4. Improve the quality of your eating, as opposed to reducing the quantity. This can allow you to eat more food with fewer total calories.
5. Increase intake of water and healthy fluids (be careful with sugary juices)
6. Remember: If you consume more energy and burn too little, your body will store the excess energy as fat. If you consume less, everything from your metabolism, hormonal balance and mood will be impacted. Consider tracking your food temporarily to see what makes you feel, perform, and look the best.