

# FOOD LIST

www.coachterradaawn.com

Vegetables	Protein	Fruit	Carbs/Secondary Vegetables	Healthy Fats/Nuts	Cheat options
Asparagus – 10 lg spears	Beef based broth – 8 cups	Apple – 1 med <b>HC</b>	Applesauce – sweetened 1 cup	Avacado – mashed or ¼ med	Salsa – find one with less additives - ½ cup
Artichokes ½ large	Chicken - boneless/skinless 3 oz	Applesauce - unsweetened <b>HC</b>	Amaranth	12 Almonds – whole raw	Greek Yogurt Flavored
Banana peppers – 3 med	Chicken – ground 3 oz	Apricots – 4 small <b>MC</b>	Brown rice - cooked	Cocount Milk - canned	Bacon – 2 slices
Broccoli – chopped	Cottage Cheese 2%	Blueberries <b>LC</b>	Buckwheat - cooked	Cheddar - shredded	Salmon – canned ½ cup
Brussel Sprouts – 5 medium	Clams – canned drained	Blackberries <b>LC</b>	Barley - cooked	Cotiji Cheese -crumbled	Pasta – white - ½ portion
Beets – 2 med	Duck – cooked chopped	Bitter orange 1 med <b>HC/HS</b>	Bagel – whole grain ½ small	8 Cashews – whole raw	Tortilla chips – 8
Collard Greens – cooked or raw	Eggs – 2 large or 8 egg whites	Banana - ½ large or 1 small <b>HC/HS</b>	Bread – whole wheat 1 slice Beans - (everything but green)	Feta Cheese - crumbled	Salad Dressings – 1 Tbsp
Chayote Squash	Fish – fresh water cooked, flaked (trout, walleye) 4 oz	Breadfruit - ½ small Cherries <b>HC</b>	Cassava (yuca) - 2 oz	Goat Cheese- crumbled	Dried Cranberries – 2 Tbsp
Carrots – 10 med baby or sliced	Goat – cooked chopped 3 oz	Cantaloupe - chopped <b>LC</b>	Corn on the cob – 1 ear Chicken based broth – 4 cups	Hummus	Raisins/Craisins – 2 Tbsp
Cauliflower – chopped	Fish – cold water – cooked, flaked (Salmon, tuna) 4 oz	Dwarf red banana – extra small <b>HC/HS</b>	Couscous – whole wheat, cooked	Mozzarella - shredded	
Cabbage – chopped	Game – cooked chopped – bison, deer, moose, elk 4 oz	Figs – 2 small <b>HC/HS</b> Guava – 2 med <b>HS/HC</b>	Crackers – 8 small whole wheat	Monteray Jack - shredded	<b>Teaspoon</b>
Cucumbers	Game – lean ground 4 oz	Grapefruit - ½ large <b>HS</b>	Cereal – whole gain low sugar	14 Peanuts – whole, raw	Extra Virgin Olive Oil
Celery	Greek Yogurt – plain 1%	Crapes <b>HS</b>	Edamame- shelled	20 Pistachios – whole, raw	Extra Virgin Coconut Oil
Eggplant - ½ med	Ham Slices – fat free 2 oz **Natural high salt/fat content	Green banana - ½ large <b>LC</b>	English muffin – whole grain ½ muffin	10 pecan halves - raw	Flaxseed Oil
Kale – cooked or raw	Kefir plain 1% - 1 cup	Honeydew Melon <b>LC</b>	Lentils - cooked	Provolone - shredded	Nut Butters – peanut, almond, cashew, etc
Lettuce (anything except Iceberg) Mushrooms	Lean ground meat – turkey, beef, chicken, 4 oz	Watermelon <b>LC</b>	Millet - cooked	Parmasean - shredded	Pumpkin seed oil
Onions - chopped	Octopus – cooked, chopped	Kiwifruit – 2 med <b>LC</b> Mango - sliced <b>MC</b>	Oatmeal - rolled/steel cut	Queso fresco - crumbled	Cacao nibs
Okra Peppers – sweet - sliced	Protein powder – Whey, hemp, rice, pea as indicated on container/bag	Nectarine – 1 large <b>MC</b>	Peas Plantains – sliced or ½ med	8 Walnut Halves	Walnut oil
Pumpkin - chopped	Pork Tenderloin – chopped cooked 2 oz - **Natural high salt/fat content	Orange – 1 med <b>HC/HS</b> Pomegranate – 1 small <b>HS</b>	Potato - ½ med		Butter
Pablano chiles - chopped Radishes	Red meat – lean, cooked, chopped 3 oz Ricotta Cheese - light	Passion Fruit – 3 fruits	Pasta – whole grain - cooked	<b>Seeds/Dressings</b>	Mayo
Spinach – cooked or raw	Sardines – 7 med	Peach – 1 large <b>MC</b> Plum – 2 small <b>MC</b>	Pita bread – whole wheat 1 small	Chia Seeds 4 tsp	Seed butters (pumpkin, sunflower, sesame)

Strings beans	Squab – cooked, chopped	Pear – 1 large MC	Pancakes – homemade – 1 small	Coconut – unsweetened, shredded
Snow Peas	Shellfish – shrimp, crab, lobster - cooked		Yams	
Sprouts	****Nutrition Shake – As indicated on bag/container	Pineapple-diced HS/HC Papaya	Quinoa	Flaxseed - ground
Salsa – fresh made	Tempeh 4 oz Tofu - firm	Pumpkin Puree 2/3 cup	Refried beans – non fat	Pumpkin seeds, raw
Tomatoes – 2 medium	Tuna – canned in light water 4 oz	Raspberries LC	Sweet potato - chopped	Pine nuts
Vegetable broth – 2 cups	Turkey – fat free – 6 slices 4 oz	Strawberries LC	Tortilla – whole wheat – 1 small	Peanuts
Watercress- cooked or raw	Turkey bacon – reduced fat – 4 slices	Starfruit – 2 med	Tortilla – corn – 1 small	Olives, 10 med
Winter squash	Veggie Burger – 1 med patty	Tangerine – 2 small MC	Waffles – whole grain – 1 waffle	Sunflower seeds, raw
	Yogurt – plain 2%	Tomato sauce – plain or marinara	Wild Rice - cooked	Sesame Seeds, raw
				21 Day fix dressings

\*\*\*\* Nutrition Shakes - Protein content MUST be higher than the Carb content in order for it to be counted as a protein. If carb content is equal to, or higher, your shake IS A CARB. And not likely the BEST choice for a weightloss plan - Also be mindful of the sugar content. Your daily intake of sugar - natural and man made should be around 36 g/day - this shouldn't all be consumed in your shake!

\*\*\*This is a suggested food list - thus - portions must be followed to achieve success

\*\* This list is like many others out there - clean eating is clean eating ;) Getting caught up in the “this is just like.... a b c food list... is another excuse you are using to avoid eating well.

EATING WELL is the only way to FEEL WELL <3

[www.coachterradawn.com](http://www.coachterradawn.com)