

HELP! What do I eat?!?

NEED CARBS + FATS

Nut Butter
Fruit/nut butter
Olive Oil
Egg Yolks

Walnuts, Cashews, Almonds, Peanuts
Flax Seed (great for skin/acne)
Chia Seed
Grapeseed/Coconut Oil

Nut Butter/Banana
Avocado Toast
Popcorn/Butter
Tortilla Chips

HIGH VOLUME LOW CARB

Corn Tortillas
Popcorn
Rice Cakes
Sarah Lee Delightful Bread
Cheerios
Bays English Muffins
Thomas Bagel Thins
Hash browns

NEED CARBS

Potatoes
Squash
Sweet Potatoes
Rice (white or brown)
Tortillas (corn or flour)
Popcorn
Crackers
Fruit
Cereal
Breads
English Muffins
Bagels
Oatmeal
Hashbrowns
Quinoa
Couscous
Pasta

NEED PROTEIN

Eggs/Egg Whites
Protein Powder
Cod/Halibut/Tilapia
Salmon
Shrimp/Scallops
Turkey
Chicken
Buffalo
Beef
Hamburger 90/10
Lean Pork Loin
Deli Meat
Turkey Jerky
Tuna
Cottage Cheese
Yogurt
Ricotta
Collagen

NEED FATS

Olive Oil
Olives
Avocado
Coconut Oil
Almonds
Walnuts
Nut Butter
Butter/Ghee
Mayonnaise
Fish Oil
Flaxseed
Salad Dressings
Egg Yolks
Sour Cream

LOW VOLUME HIGH CARB

Flour Tortillas
Couscous
Brownberry Bread
Bagels
Quaker Quick Steel
Cut Oats

BEVERAGES

Seltzer Water
Teas, Kombucha
Almond/Cashew Milk
Zero Vitamin Water
BCAA's, MIO Flavoring
Chicken Broth

NEED CARBS + PROTEIN

Non-Fat Yogurt + Cheerios
Oats + Yogurt + Whey Protein Powder
Deli Meat + Crackers (or tortilla)
Protein Shake + Oats (or fruit)
Egg Whites + Potatoes
Tuna (or Chicken) + Rice
Quinoa or Wild Rice
Beans/Lentils
Non Fat Chocolate Milk
Low Fat Cottage Cheese
Low Fat String Cheese

NEED PROTEIN + FAT

Cheese
Nut Butters
Nuts
Steak/Beef
Eggs/Egg Yolks
Canned Sardines
Bacon/Pork Belly
Whole Milk or 2% Milk
Plain Whole Yogurt
Sour Cream
Chicken Thighs
Salmon/Fatty Fish
Beef Jerky

CONDIMENTS

Salsa
Hot Sauce
Mustard
Sauerkraut
Lemon/Lime Juice
Horseradish
Non-Fat Sour Cream
Non-Fat Yogurt
PB2
SF Maple Syrup
Kimchi
Apple Cider Vinegar