

# GIRL ON FIRE EMPIRE

## Foods List & Portion Sizes

### Protein

(4 oz)

High Five 🙌

Bison  
Canned Chicken Breast  
Chicken (Breast -  
Tenders/Ground/Sausage  
Cod  
Cottage Cheese (Lowfat)  
Crab  
Deer  
Elk  
Eggs (1 whole, 3 whites)  
Greek Yogurt  
Ground Beef (96%)  
Ground Turkey (97-99%)  
Mahi-Mahi  
Protein Powder  
PBFIT or PB2  
Salmon  
Shrimp  
Tilapia  
Tofu  
Tuna  
Turkey Bacon

### Veggies

1-2 cups

Two cupped hands 👐

Artichoke, Asparagus  
Beets, Bell Pepper  
Broccoli, Brussel Sprouts  
Cauliflower, Cabbage  
Carrots, Chard  
Celery, Cucumber  
Eggplant  
Green Beans  
Green Leafy Vegetables  
Mushrooms  
Onion, Okra  
Peas, Pumpkin  
Radishes  
Spinach, Squash  
Zucchini

### Carbs

(1/2 cup)

Fist Bump 👊

ALL FRUIT  
Ezekiel Bread (1 slice)  
Ezekiel English Muffin  
Beans  
Oats  
Rice  
Rice Cakes  
Sweet Potatoes  
Red Potatoes  
Yams  
Tortillas (Xtreme Wellness  
or low carb  
Quinoa  
Cream of Wheat  
Cream of Rice  
Kashi Cereals  
Pasta (Lentil, Chickpea,  
Whole grain, brown rice  
Edamame, black bean  
Flour (oat, coconut,  
wheat, rice)

### Fats

1 Tbsp

Thumbs up 👍

Peanut Butter  
Almond Butter  
Cashew Butter  
Avocado  
Oils (avocado,  
coconut,  
olive, sunflower,  
sesame,  
Nuts (peanuts,  
cashews,  
brazil, pecans,  
walnuts,  
almonds  
Seeds  
(sunflower,  
pumpkin, chia  
Salad Dressings