|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Date: |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Weight: |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ionized Water: (Glasses/ounces) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **PROTEINS** (4oz meat serving or allowed substitutions as per food guide) \*AT LEAST 2 PROTEINS/DAY (can eat more than 2, just NO LESS than 2 protein servings!!) Any lean meat, No Processed Meats (for example: deli meats, hot dogs, bacon, sausage) | | | | | | | | | | | | | | | |
| Chicken or Turkey |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Beef, Venison, Lean Pork |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fish, Salmon |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tuna in Water |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 Eggs |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ½ cup Cottage cheese |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ½ cup p**lain** Greek Yogurt |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Shrimp, Scallops |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tofu |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **VEGETABLES** (1 cup serving each) AVOID STARCHY VEGETABLES (potatoes, yams, sweet potatoes, beets, or starchy beans (kidney, lima, pinto, etc...) | | | | | | | | | | | | | | | |
| Lettuce |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cabbage |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Brussel Sprouts |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Spinach |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kale, Swiss Chard |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Beet Greens, Collard |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Radishes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cucumber |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Celery |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tomato |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Onion |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Broccoli |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cauliflower |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Asparagus |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Green Beans |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Peas |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bell Peppers |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Carrots |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mushrooms |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Zucchini |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **FRUITS:** 3 or fewer servings per day, no fruit after last meal of the day  **Any Fruit—avoid canned, dried, or processed (1 fruit or ½ cup serving) NO FRUIT JUICES** | | | | | | | | | | | | | | | |
| Apple |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Orange |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pear |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Peach |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Plum |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Strawberries |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Blueberries/ Raspberries |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Grapefruit |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Grapes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bananas |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Melons |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pineapples  There is not enough space to list all the different types of fruit, vegetables, and proteins. So just because it is not listed on the chart, that does not mean you cannot have it. If you’re uncertain, please ask the staff! |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |