



SEABRIDGE WELLNESS




WEIGHT MANAGEMENT FOOD PLAN

FOOD LIST










Eat only these Foods












P-Protein

-  Chicken Breast (Skinless)
-  Bison Burger
-  Venison
-  Lean Turkey Breast
-  Pork Tenderloin
-  96/4 Ground Beef
-  Any White Fish
-  Any Shellfish
-  Cup Egg Whites
-  Egg
-  0% Cottage Cheese Cup
-  0% Greek Yogurt
-  Tuna
-  Protein Powder

F-Fats

-  Peanut Butter
-  Almond Butter
-  Coconut Oil
-  Grassfed Butter
-  Olive Oil
-  Medium Avocado
-  Cup Any Nuts
-  Coffee Creamer
-  Any Cooking Oil
-  Not Vegetable or
-  Canola Oil

C-Carbs

-  Sweet Potato
-  Red Potato
-  Any Bean/Legumes
-  Cooked Brown Rice
-  Cooked White Rice
-  Ezekiel Bread Cup
-  dry Oats
-  Berries
-  Quinoa
-  Fruit
-  Dave's Killer Bread

V-Veggies

-  Asparagus
-  Spinach
-  Broccoli
-  Green Beans
-  Brussel Sprouts












Notes:

GROCERY HELPER













P-Protein

-  3lbs Chicken Breast (Skinless)
-  3lbs Bison Burger
-  3lbs Venison
-  3lbs 99% Lean Turkey Breast
-  3lbs Pork Tenderloin
-  3lbs 96/4 Ground Beef
-  3lbs Any White Fish
-  3lbs Any Shellfish
-  1 24oz Cup Egg Whites
-  1 Carton Eggs
-  1 24oz 0% Cottage Cheese
-  1 24oz 0% Greek Yogurt
-  1 Tub Protein Powder
-  7 Cans Tuna

F-Fats

-  1 Jar Peanut Butter
-  1 Jar Almond Butter
-  1 Jar Coconut Oil
-  1 Stick Kerry Gold Butter 1
-  Bottle Olive Oil
-  1 Bag of Avocados
-  1 Container/Bag of Nuts 1
-  Pack Coffee Creamer 1
-  Bottle of Non-Veggie
-  Cooking Oil
-  No Canola Oil

C-Carbs

-  1 Bag Sweet Potato
-  1 Bag Potatoes
-  3 Cans Cooked Beans
-  (Any) 3 Cans Cooked Legumes
-  1 Container Oats
-  1 Box Pasta
-  1 Frozen Bag Berries
-  1 Bag Quinoa
-  1 Bag Couscous
-  1 Loaf Ezekiel Bread
-  7 Pieces of Fruit
-  1 Bag White/Brown Rice

V-Veggies

-  Asparagus
-  Spinach
-  Broccoli
-  Green Beans
-  Brussel Sprouts

Insert Meal Plan Choices Below

Meal 1

Protein - _____
 Fat - _____
 Carb - _____
 Veggie - _____

Meal 3

Protein - _____
 Fat - _____
 Carb - _____
 Veggie - _____

Meal 5

Protein - _____
 Fat - _____
 Carb - _____
 Veggie - _____

Snacks

Meal 2 - _____
 Meal 4 - _____

0 Calorie/0 Sodium
Condiments



0 Calorie/0 Sodium
Spices

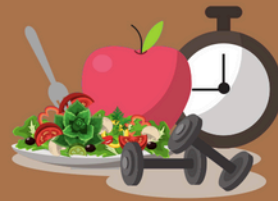


0 Calorie
Beverages



Pro Tip: If a condiment, spice, or beverage has 0 calories and 0 sodium you can have it. Other than that, if it is not on these lists, you cannot have it.

RULES



1. Must eat within 1 hour after waking up.

**Do not have to eat if working out within hour of waking*

2. Must eat within hour after training/working out

