



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

- MUSTARD
- LEMON JUICE
- BALSAMIC
- HOT SAUCES

0 Calorie/0 Sodium Spices

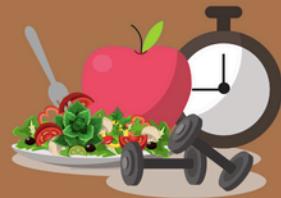
- DRY SPICES
- DRY SEASONING
- DRY RUBS
- SALT
- PEPPER
- MRS.DASH SPICES

0 Calorie Beverages

- WATER/GREEN TEA
- BLACK COFFEE

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

