

THE
NUTRITION, BOUNDARIES, & THE MINDSET THAT SHAPES THEM
COMPANION GUIDE

PROTEIN SOURCES (LEANEST → HIGHEST FAT)

ULTRA-LEAN PROTEINS

- EGG WHITES
- SKINLESS CHICKEN BREAST
- TURKEY BREAST
- WHITE FISH (COD, TILAPIA, HADDOCK, POLLOCK)
- SHRIMP
- SCALLOPS
- CRAB
- NON-FAT GREEK YOGURT
- NON-FAT COTTAGE CHEESE
- TOFU (EXTRA-FIRM) — VARIES BY BRAND

LEAN PROTEINS

- PORK TENDERLOIN
- LEAN GROUND TURKEY (93–99%)
- LEAN GROUND CHICKEN
- TUNA (WATER-PACKED)
- LOW-FAT GREEK YOGURT (2%)
- LOW-FAT COTTAGE CHEESE
- EDAMAME
- LENTILS

MODERATE-FAT PROTEINS

- SALMON
- MACKEREL
- SARDINES
- CHICKEN THIGHS (SKINLESS)
- LEAN BEEF (SIRLOIN, ROUND CUTS, 90–95% GROUND)
- EGGS (WHOLE)
- TEMPEH
- BEANS (BLACK BEANS, KIDNEY, CHICKPEAS)

HIGHER-FAT PROTEINS

- BEEF RIBEYE, BRISKET, HIGHER-FAT GROUND BEEF
- CHICKEN WINGS/SKIN-ON POULTRY
- SAUSAGE, BACON, PEPPERONI
- PORK BELLY
- LAMB
- CHEESE (FULL-FAT)
- NUT BUTTERS / NUTS & SEEDS
- HIGH-FAT FISH LIKE EEL



CONTACT COACH BREE:
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FIBERS (INSOLUBLE → SOLUBLE)

MOST PLANTS HAVE A MIX

MOSTLY INSOLUBLE FIBER (GUT MOTILITY + STOOL BULK)

- WHEAT BRAN
- WHOLE WHEAT BREAD / PASTA
- BROWN RICE
- POPCORN
- NUTS & SEEDS (ALMONDS, WALNUTS, CHIA, FLAX: MIXED BUT HIGH INSOLUBLE)
- ROOT VEGETABLE SKINS (CARROT, SWEET POTATO, POTATO)
- GREEN BEANS
- CAULIFLOWER
- CELERY
- DARK LEAFY GREENS (SPINACH, KALE)

BALANCED / MIXED FIBERS

- OATS
- BARLEY
- APPLES (WITH SKIN)
- BERRIES
- BROCCOLI
- BEANS + LENTILS (VARY DEPENDING ON TYPE)
- CARROTS
- PEARS

MOSTLY SOLUBLE FIBER (BLOOD SUGAR REGULATION + SATIETY + DIGESTION)

- OAT BRAN
- PSYLLIUM HUSK (METAMUCIL)
- CHIA SEEDS & FLAX SEEDS (GEL-FORMING)
- BEANS: BLACK, NAVY, PINTO, CHICKPEAS
- LENTILS
- SWEET POTATOES (WITHOUT SKIN)
- CITRUS FRUITS (ORANGES, GRAPEFRUIT)
- BANANAS
- AVOCADO



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