

Food Guide

Combine for Daily Nutrition-Dense Meals

2-4 meals daily

TransformwithRegina@gmail.com

Leafy Green Veggies

Pick your base:

- Romaine
- Red Leaf
- Green Leaf
- Mixed Greens
- Radicchio
- Spinach
- Endive
- Arugula
- Bok Choy
- Beet Greens
- Swiss Chard
- Kale
- Watercress
- Red Cabbage
- Green Cabbage
- Collard Greens
- Sprouts
- Super Greens



TransformwithRegina@gmail.com

Starchy Carbohydrates

1/2 Cup (1 Cup post-workout)

- Carrots
- Potatoes
- Beets
- Sweet Potatoes
- Parsnips
- Squash: Spaghetti, Delicata, Acorn, Butternut, Summer
- Yams
- Pumpkin
- Turnips
- Taro/Yucca



TransformwithRegina@gmail.com

Veggies

1 Cup: Raw, Roasted, or Steamed

- Asparagus
- Onions
- Scallions
- Peppers
- Eggplant
- Watercress
- Snow peas
- Sprouts
- Zucchini
- Artichokes
- Celery

- Broccoli
- Tomato
- Radish
- Brussel Sprouts
- Carrots
- Mushrooms
- Cauliflower
- Green Beans
- Cucumber
- Cabbage: Red, Green, Napa, Bok Choy



TransformwithRegina@gmail.com



- Haddock
- Halibut
- Salmon
- Tuna
- Cod
- Sardines

- Lobster
- Crab
- Scallops
- Shrimp
- Eggs
- Chicken
- Turkey

- Beef
- Lamb
- Bison
- Pork (organic only)
- Bacon
- Sausage
- Wild Game

Protein

1 Palm Sized Portion
Free-Range, Organic, Wild Caught



TransformwithRegina@gmail.com

Healthy Fats

2 Tablespoons

- Avocado
- Unsweet Coconut
- Olives
- Extra Virgin Olive Oil
- Avocado Oil
- Ghee
- Infused Oils
- Butter
- Coconut Butter
- Unsweetened Nut Butters
- Unsweetened Coconut Milks
- Unsweetened Coconut Creams
- Seeds
- Nuts



TransformwithRegina@gmail.com

Spices

Organic, No Sugars or MSG

- Bone Broth
- Fresh Herbs
- Lemons
- Limes
- Dried Sea veggies
- Nutritional Yeast
- Fermented Veggies
- Pickles
- Spice Blends
- Vinegars
- Capers
- Mustard
- Salsa
- Sea Salt
- Himalayan Pink Salt
- Coconut Aminos
- Hot Sauce



TransformwithRegina@gmail.com

Fruit

1/4 Cup (at 2 meals) Low Glycemic Index

- Blueberries
- Black Berries
- Raspberries
- Strawberries
- Grapefruit
- Kiwi
- Green Apples
- Bananas
- Exotic Fruits
- Grapes
- Mangos
- Peaches
- Pears
- Pineapple
- Pomegranate
- Watermelon



TransformwithRegina@gmail.com