

Tonia Moore Fitness

<https://toniamoorefitness.trainerize.com/Home>

CLEAN EATING FOOD SELECTIONS

PORTION SIZES USING YOUR HANDS TO MEASURE

Protein = open hand palm size

Carbs = closed fist

Veggies = unlimited

PROTEINS

Egg whites

Chicken Breast

Turkey Breast

Lean Ground Turkey

Tuna

Tilapia

Halibut

Buffalo/Bison

Grass Fed Beef

Salmon

CARBS

Oatmeal

Quinoa

Rice (Brown or White)

Yam

Sweet Potato

Red Potato

Blackberries

Blueberries

Strawberries

VEGGIES

Broccoli

Asparagus

Brussel Sprouts

Spinach

Celery

Kale

Cucumber

Green Beans

Cauliflower

Cabbage

Bell peppers

lettuce, Romaine

Zucchini

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FATS

Avocado

Fish Oil

Cold-water fish

Natural peanut butter

Low-sodium nuts

Olive oil

Coconut oil

VEGETARIAN PROTEINS

Plant based powders like Hemp, pea protein

FATS TO AVOID

Butter Fried Foods Mayonnaise Lard

Whole-Fat Dairy Products