

Food options

Proteins

- Grass Fed Organic Beef
- Organic Chicken
- Wild Caught Seafood
- Organic FF Greek Yogurt (no added sugar)
- Organic Turkey
- Organic Turkey/Chicken Sausages
- Organic FF Cottage Cheese
- Organic Turkey/Chicken Bacon
- Organic Grass Fed Whey Isolate
- Eggs and Egg Whites
- Nitrate Free Deli Meats

Greens

- Organic Leafy Greens
- Cruciferous Veggies ()
- Asparagus
- Romaine Lettuce
- Zucchini
- Cucumbers
- Peppers
- Green beans
- Onions and Tomatoes

Starchy Carbohydrate

- Whole Grain Rolled Oats
- Brown, jasmine, white rice
- Sweet and White Potatoes
- Cream of wheat
- Rice Cakes
- Fresh Fruit
- Fresh Popcorn
- Whole Grain Breads (no enriched flour)
- Beans

Fats

- Any organic raw nut
- Any organic raw nut butter
- Grass Fed butters (kerrygold)
- Organic Extra Virgin Olive Oil, Coconut or Flax Seed Oils
- Vinaigrette
- Avocado
- 85% or Higher Dark Chocolate

