

SUGGESTED FOOD LIST

(WITH SERVING SIZES)

Select foods from this list to help fill in your daily nutritional needs using the outline in the Transformation Journal. Depending upon your goals and needs, you may need to make adjustments to suggested portions. They are merely a guideline and are not a definitive list of what can and cannot be consumed. As always, please consult your healthcare provider before making any dietary or fitness modifications.

PROTEINS

- Chicken Breast, 3 oz.
- Eggs, 1 egg
- Game Meat (bison, venison, etc.), 4 oz.
- Lean Ground Beef or Turkey (\geq 93% lean), 4 oz.
- Lean Fish (tilapia, salmon, red snapper, cod, etc.), 3 oz.
- Tofu, 1/2 c. or 4 oz.
- Tuna (fresh or packed in water), 3 oz.
- Turkey Breast, 3 oz.

VEGETABLES

- Asparagus, 1/2 c. or 6 spears
- Broccoli, 1 c.
- Brussels Sprouts, 1 c.
- Cauliflower, 1 c.
- Celery, 1 c. chopped or 1 med. stalk
- Cucumber, 1/2 c. sliced
- Dark Leafy Greens (spinach, kale, etc.), 1 c.
- Eggplant, 1 c. cubed
- Green Beans, 1 c.
- Onion, 1 c. chopped
- Peppers, 1 c. chopped
- Salad Greens (spring mix, romaine, etc.), 1 c.
- Tomato, 1 med. or 1 c. chopped
- Zucchini/Squash, 1 c. chopped

COMPLEX CARBS

- Beans, 1/2 c. uncooked/dry, 1 c. cooked
- Lentils, 1/4 c. uncooked/dry, 1/2 c. cooked
- Oatmeal, 1/2 c. uncooked/dry, 1 c. cooked

- Quinoa, 1/4 c. uncooked, 1/2 c. cooked
- Potatoes (any variety), 1 c. diced, 1 c. mashed or 1 med. baked
- Whole grains (brown rice, whole grain pasta or bread), 1/2 c. cooked or 1 slice

FRUIT

- Apple, 1 small
- Banana, 1 large
- Berries (strawberries, blueberries, etc.), 1 c.
- Citrus Fruits (oranges, grapefruits, etc.), 1 orange or 1/2 grapefruit
- Grapes, 1 c.
- Kiwi, 1
- Mango, 1 small or 1 c. diced
- Melon, 1 c. diced
- Pear, 1 med.
- Pineapple, 1 c. diced
- 100% Fruit Juice, 4 oz.

HEALTHY FATS

- Avocado, 1/3 med. size
- Nut Butter (no added sugar, oil or salt), 2 tbsp.
- Nuts or Seeds (no added sugar, oil or salt), 1 oz.
- Oil (extra virgin olive oil, coconut oil, etc.), 1 tsp.

DAIRY/NON-DAIRY ALTERNATIVES

- Plain Yogurt (nonfat or low fat), 1 c.
- Low-Fat Cheese, 1 1/2 oz.
- Milk (skim or reduced fat), 1 c.

FOODS TO AVOID

- Soda (including diet)
- Alcohol
- Creamy Sauces
- High-Calorie Salad Dressings
- Added Sugars
- Candy
- Fried Foods
- Processed Foods
- White Flour
- Partially Hydrogenated Oils