



Fruits:

- ☐ Apple
- ☐ Bananas
- ☐ Blueberries
- ☐ Blackberries
- ☐ Raspberries
- ☐ Strawberries
- ☐ Grapefruit
- ☐ Grapes
- ☐ Kiwis
- ☐ Lemon
- ☐ Lime
- ☐ Oranges

Healthy Fats:

- ☐ Almond Butter
- ☐ Almonds
- ☐ Avocado
- ☐ Cashew Butter
- ☐ Cashews
- ☐ Cheese
- ☐ Coconut Oil
- ☐ Virgin Olive Oil
- ☐ Walnuts

Vegetables & Legumes:

- ☐ Asparagus
- ☐ Beans
- ☐ Broccoli
- ☐ Brussel Sprouts
- ☐ Cauliflower
- ☐ Celery
- ☐ Chickpeas
- ☐ Cucumber
- ☐ Garlic
- ☐ Green Beans
- ☐ Leafy Greens
- ☐ Mushrooms
- ☐ Olives
- ☐ Onions
- ☐ Potatoes
- ☐ Sweet Potatoes/Yams
- ☐ Sweet corn
- ☐ Tomatoes

Extras:

- ☐ Agave
- ☐ Almond/Coconut Milk
- ☐ Coffee
- ☐ Green Tea
- ☐ Raw Honey

Lean Proteins:

- ☐ Chicken Breast
- ☐ Cottage Cheese
- ☐ Eggs
- ☐ Greek Yogurt
- ☐ Ground Beef
- ☐ Prawns/Shrimp
- ☐ Protein Bars
- ☐ Protein Powder
- ☐ Salmon
- ☐ Steak
- ☐ Tilapia
- ☐ Tofu
- ☐ Tuna
- ☐ Turkey

Carbohydrates/Grains:

- ☐ Brown Rice
- ☐ Chia Seeds
- ☐ Couscous
- ☐ Ezekiel Bread
- ☐ Flax Seeds
- ☐ Oatmeal
- ☐ Potatoes
- ☐ Quinoa
- ☐ Rice Cakes