**Food List**

**Protein**

Chicken breast
Turkey breast
Lean ground turkey
Swordfish
Orange roughy
Haddock
Salmon
Tuna
Crab
Lobster
Shrimp
Top round steak
Top sirloin steak
Lean ground beef
Buffalo
Lean ham
Egg whites or substitutes
Trout
Low-fat cottage cheese
Wild-game meat
Turkey Bacon

**Vegetables**

Broccoli
Asparagus
Lettuce
Carrots
Cauliflower
Green beans
Green peppers
Mushrooms
Spinach
Tomato
Peas
Brussels sprouts
Artichoke
Cabbage
Celery
Zucchini
Cucumber
Onion

**Vegetable Proteins**

Tempeh
Seitan
Tofu
Texturized vegetable protein
Soy foods
Veggie burgers

**Healthy Fats**

Avocado
Sunflower seeds
Pumpkin seeds
Cold-water fish
Natural peanut butter
Low-fat cheese
Low-sodium nuts
Olives and olive oil
Safflower oil
Canola oil
Sunflower oil
Flax seed oil

**Complex Carbohydrates**

Potato
Sweet potato
Yams
Squash
Pumpkin
Steamed brown rice
Steamed wild rice
Lentils
Couscous
Kashi
Bulgur
Whole-wheat pasta
Oatmeal
Barley
Beans (black, kidney)
Corn
Strawberries
Melon
Apple
Orange
Fat-free yogurt
Fat-free milk
Whole-wheat bread
High-fiber cereal
Whole-wheat tortilla
Whole-wheat pita bread
Whole grains

**What Not to Eat
on Body-*for*-LIFE
(except on your Free Day)**

**Protein**
Pork bacon
Deep-fried meat such as fried chicken, chicken fingers, fish sticks, Buffalo wings, etc.
Hamburgers and fatty cuts of beef
Hot dogs

**Simple Carbs**
Cookies
Cake
White rice
White bread
Crackers
Candy
French Fries
Chips
Doughnuts
Soda

**Unhealthy Fats**
Butter
Lard
Mayonnaise
Coconut oil
Cream-based sauces
Full-fat dairy products