

Food Options List

You are not limited to these food, they are just ideas to help you fill your macros!

Protein

- Chicken Breast
- 96/4 beef
- Flank steak
- Ground Turkey
- Deli chicken or turkey slices
- Salmon
- Tilapia
- Shrimp/Scallops
- Cod
- Greek Yogurt
- Egg Whites (carton)
- Turkey Bacon
- Protein Powder (whey protein isolate will be best with minimal added carbs and fat)
- Tofu

Carbohydrates

- White or Jasmine Rice
- Potatoes or Sweet Potatoes
- English Muffins
- Daves Killer Bread
- Ezekiel Bread
- Xtreme Wellness Wraps
- Oats
- Fruits all kinds and varieties are great some I like
 - Blueberries
 - Banana
 - Apple
 - Raspberries
 - Strawberries
 - Pinapple

Fats

- Extra Virgin Olive Oil
- Avocado Oil
- Avocado
- Nut Butters such peanut or almond butter
- Nuts
 - Almonds

- Cashews
- Pistachios
- Walnuts
- Brazil nuts
- 90% Dark Chocolate
- Eggs
- Full Fat Yogurt

Veggies

- Spinach
- Green Beans
- Broccoli
- Califlower
- Brussle Sprouts
- Zuchinni
- Squash
- Kale
- Asparagus