

Food List

Protein	Serving Size	Carbohydrates	Serving Size	Vegetables	Serving Size
Beef	3 oz.	Apple	1/2 cup	Alfalfa Sprouts	1 cup
Bison	3 oz.	Apricot	1/2 cup	Artichokes	1 cup
Buffalo	3 oz.	Banana	1/2 cup	Arugula	1 cup
Chicken	3 oz.	Blackberries	1/2 cup	Asparagus	1 cup
Duck	3 oz.	Blueberries	1/2 cup	Bean Sprouts	1 cup
Goose	3 oz.	Cantaloupe	1/2 cup	Beets	1 cup
Hen	3 oz.	Cherries	1/2 cup	Bok Choy	1 cup
Lamb	3 oz.	Grapefruit	1/2 cup	Broccoli (all varieties)	1 cup
Pork	3 oz.	Grapes	1/2 cup	Brussels Sprouts	1 cup
Quail	3 oz.	Guava	1/2 cup	Cabbage (green)	1 cup
Turkey	3 oz.	Honeydew	1/2 cup	Cabbage (red)	1 cup
Veal	3 oz.	Kiwi	1/2 cup	Carrots	1 cup
Venison	3 oz.	Mango	1/2 cup	Cauliflower	1 cup
Crab	3 oz.	Nectarine	1/2 cup	Celery	1 cup
Bass	3 oz.	Orange	1/2 cup	Collard Greens	1 cup
Catfish	3 oz.	Papaya	1/2 cup	Cucumber	1 cup
Clams	3 oz.	Peach	1/2 cup	Eggplant	1 cup
Cod	3 oz.	Pear	1/2 cup	Fennel	1 cup
Flounder	3 oz.	Pineapple	1/2 cup	Green Beans	1 cup
Grouper	3 oz.	Plantain	1/2 cup	Kale	1 cup
Halibut	3 oz.	Plum	1/2 cup	Leeks	1 cup
Haddock	3 oz.	Raspberries	1/2 cup	Lettuce	1 cup
Lobster	3 oz.	Strawberries	1/2 cup	Mushrooms	1 cup
Mussels	3 oz.	Watermelon	1/2 cup	Okra	1 cup
Oysters	3 oz.	Dried Fruit	1/4 cup	Onion	1 cup
Rockfish	3 oz.	Potatoes	1/2 cup	Parsnips	1 cup
Salmon	3 oz.	Sweet Potatoes/Yams	1/2 cup	Peppers (green)	1 cup
Scallops	3 oz.	Amaranth	1/2 cup	Peppers (all other)	1 cup
Shrimp	3 oz.	Barley	1/2 cup	Pumpkin	1 cup
Snapper	3 oz.	Bread	1 slice	Radish	1 cup
Swordfish	3 oz.	Brown Rice	1/2 cup	Sauerkraut	1 cup
Trout	3 oz.	Corn or Wheat Tortilla	1	Spinach	1 cup
Tuna	3 oz.	Couscous	1/2 cup	Squash (all varieties)	1 cup
Cheese (all natural)	2 oz.	Farro/Millet/Spelt	1/2 cup	Swiss Chard	1 cup
Cottage Cheese	3 oz.	Oatmeal	1/2 cup	Snow Peas	1 cup
Cream Cheese	3 oz.	Pasta	1/2 cup	Turnips	1 cup
Eggs	1	Quinoa	1/2 cup	Zucchini	1 cup
Milk - Whole	1/2 cup	Jicama	1/2 cup	Included in Vegetable Group	
Yogurt (plain)	1/2 cup	Whole Wheat/Coconut Flour	1/2 cup	Avocado	1/2 cup
Raw Nuts (all varieties)	2 oz.	Beans (all varieties)	1/2 cup	Tomatoes	1 cup
Seeds (Pumpkin, Sunflower)	2-3 Tbsp.	Edamame	1/2 cup	Tomato Sauce	1/2 cup
Seeds (Hemp, Chia, etc)	3 Tbsp.	Hummus	1/2 cup	Olives	8
Tempeh	1/2 cup	Lentils	1/2 cup	Corn	1/2 cup
Tofu	1/2 cup	Lima Beans	1/2 cup	Peas	1/2 cup

Fats	Serving Size
Butter	1 tsp
Coconut Oil	1 Tbsp
Oils (Olive, Walnut, Sesame, Avocado)	1 Tbsp
Homemade Dressing	2 Tbsp