



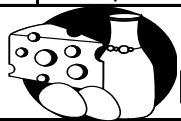
Produce

Lettuce dark green leaves
Berries (8g fiber/cup)
Small bananas (organic)
Green beans
Carrots
Onions
Broccoli
Kiwi
Kale



Meat

Salmon or Tuna
Chicken Breast
Ham (Nitrite Free)
Tilapia
Lean Steak
Pork tenderloin
Rotisserie chicken
Nitrite Free Lunch Meat
Turkey Sausage
Shrimp



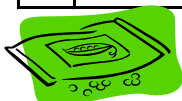
Dairy

Block of low fat cheese
Eggs/Egg Beaters or Egg Whites
2% Organic Milk
Low Fat Greek Yogurt (check for HFCS)
low sugar orange juice
Organic butter (not margarine)



Produce

Organic Baby Spinach
Apples (small organic)
Garlic
Cuties
Pears
Lemon
Bell Peppers (more vit C than oranges)
Asparagus



Frozen

Turkey meatballs
Beans
Okra
Peas
Edamame



Canned

tomatoes
organic low salt chicken broth
kidney beans
cannellini beans
navy bean
Low sodium soup
Tuna
Chicken breast
Ragu organic pasta sauce



Spices

Capsaicin (chili peppers)
Cinnamon
Cumin
Oregano
Basil
Rosemary
Mustard
Ketchup -no HFCS
Olive Oil



Dry Goods

Beans
Lentils
Coffee
Tea Chamomile
Whole grain bread
Whole grain pasta
Quinoa
Nuts
Flax Seeds



Protein Supplements

Healthwise shakes
Health wise bars
Healthwise chips
Egg Protein
Whey protein
Bariatric Zippers
Multivitamin

Avoid: High Fructose Corn Syrup
Bleached Flour or "Enriched Flour"

Get: 30 g of protein/meal
20-25 g of carbs all from whole foods per meal
25 g of fiber per day