

Protein Carb and Fat List

LEAN PROTEIN



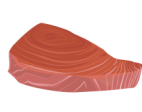
Egg Whites



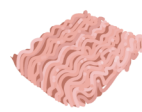
Pork tenderloin



Chicken Breast



Tuna



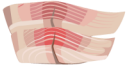
Ground meat
96% lean



Cod



Casein /
Whey protein powder



Tilapia



Shrimp



Scallops



Mussels



Boneless Skinless
Turkey Breasts



Halibut



Other Lean
Cuts

MIXED PROTEIN



Eggs



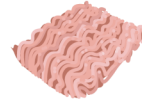
Pork chops



Flank steak



Chicken thighs



Ground meat
93/7% lean



Milk



Fat free
cottage cheese



Greek yogurt
Islandic yogurt



Edamame



Tofu



Protein bars



Salmon

CARBS



Beans and
lentils



Oats



Quinoa



Sweet potatoes



Potatoes



Plain kefir



Whole-grain, black
and wild rice



Corn



Fresh or
frozen fruits



Milk



Plain yogurt



Whole grain
Baked goods



Fresh or
frozen veggies

FAT



Extra virgin
olive oil



Walnut oil



Avocado oil



Sesame oil



Oil based
salad dressings



Egg yolks



Cheese



Almonds



Pecans



Cashews



Nut milks



Nut butters



Butter

Vegetables

GREEN



Chinese cabbage



Green beans



Broccoli



Spinach



Snap peas



Iceberg lettuce



Cabbage



Asparagus



Celery



Brussels sprouts



Green peppers



Cucumbers



Romaine lettuce



Collards



Arugula



Kale

PURPLE



Purple cauliflower



Purple carrots



Purple peppers



Eggplant



Rutabaga



Purple cabbage



Purple asparagus

RED



Tomatoes



Beets



Red peppers



Red leaf lettuce



Rhubarb



Red cabbage



Radicchio



Red onions



Radish

YELLOW



Carrots



Pumpkin



Orange peppers



Yellow beets



Butternut squash



Acorn squash



Summer squash



Yellow carrots



Yellow peppers

WHITE



Cauliflower



Onions



Shallots



Garlic



Mushrooms



Jerusalem artichoke



White carrots

Coaching

Interested in achieving your weight loss goals? I'm here to help, as a coach I can assist you through your weight loss journey. If your interested, start by booking a [free consultation call!](#)

Connect with me on my various social media platforms for content related to health, dieting, and meal prep.



**BUBBIE WAS
CHUBBIE**

