PROTEIN MEAL

Proteins

Beef, Chicken
Turkey, Fish
Eggs, Milk
Cheese, Pork
All Protein Powders
(Rice, Whey, Pea…)

Oils/Fats

Ghee
Coconut oil
Olive Oil
Avocado Oil
Avocados

Veggies!!

Asparagus	Egg Plant	Cucumber
Beets	Green Beans	Spinach
Broccoli	Green Peas	Kale/Greens
Brussels	Leaks, Onions	Zucchini
Cabbage	Turnips/Radishes	Salad

CARB MEAL

Carbs/Starch

Rice, Oats
Pasta
Crackers, Bread
Potatoes, Yams
Corn, Popcorn
Beans (Lima, Kidney…)

Oils/Fats

Ghee
Coconut oil
Olive Oil
Avocado Oil
Avocados

Veggies!!

Asparagus	Egg Plant	Cucumber
Beets	Green Beans	Spinach
Broccoli	Green Peas	Kale/Greens
Brussels	Leaks, Onions	Zucchini
Cabbage	Turnips/Radishes	Salad