

Protein:

Lean Steak
Ground Beef
Chicken Breast
Ground Chicken
Turkey
Ground Turkey
White Fish
Shell Fish
Salmon/Shark/Swordfish
Canned Tuna
Canned Salmon
Canned Chicken
Eggs
Cottage Cheese
Sugar Free Low Carb Protein Powder (Whey)
Buffalo
Venison
Tofu
Soy
Pork Loin

Fat:

Fish Oil
Cream for Coffee
Flax Seed Oil
Egg Yolks
Mayonnaise
Olive Oil
Safflower Oil
Walnut Oil
Nuts
Natural Sugar Free Nut Butters (PB, Almond Butter, Cashew Butter etc)
Oil Based Dressings
Real Butter (no spray, no margarine)

Carbs:

Sweet Potatoes
Yams
Long Grain Brown Rice
Old Fashioned Oats
Scottish Oats
Fresh or Frozen (w/o syrup) berries
Fruit
Whole Grain Bread
Fiber One
All Bran w/ Extra Fiber
Uncle Sam Cereal
Whole Wheat Pasta
Lentils
Legumes
New Potatoes
Red Potatoes
Pumpkin
Squash
Turnip

Vegetables:

Celery
Peppers (any color)
Mushrooms
String Beans
Zucchini
Eggplant
Squash
Romaine Lettuce
Iceberg Lettuce
Spinach
Asparagus
Avocado
Broccoli
Brussell Sprouts
Cabbage
Cauliflower
Cucumbers
Onion

Snacks & Beverages:

Sugar Free Jello
Diet Soda (1-2 per day)
Crystal Light
WATER
Coffee
Tea
Artificial Sweeteners