



Meal Plan

For each meal, try to combine at least one protein source, at least one carbohydrate source, and at least one fat source. Include vegetables in most of your meals. Several servings of fruit a day is also recommended.

Protein

- Chicken
- White Pork
- Turkey
- Steak
- Salmon
- Tuna
- Cod
- Trout
- Shrimp
- Tilapia
- Halibut
- Octopus
- Anchovies
- Sardines
- Roast Beef
- Eggs
- Tofu
- Beans
- Chickpeas
- Tempeh
- Green Peas
- Broccoli
- Edamame
- Artichoke
- Spinach
- Greek Yogurt
- Quinoa
- Cottage Cheese
- Peanut Butter
- Almond Butter
- Nuts
- Milk (regular or soy)
- Swiss Cheese
- Chia Seeds
- Seitan (wheat gluten)
- Hummus
- Protein Powder

Carbohydrates

- All Vegetables
- All Fruit
- Oatmeal
- Brown Rice
- Quinoa
- Sweet Potatoes
- Yams
- Wheat Bread
- Whole Grain Bread
- Ezekiel Bread
- Whole Wheat Pasta
- Beans
- Couscous
- Butternut Squash
- Beets
- Milk

Fats

- Cooking Oil
- Chia Seeds
- Flaxseed
- Pumpkin Seeds
- Sunflower Seeds
- Eggs
- Pork
- Chicken Thighs
- Salmon
- Tuna
- Cod
- Trout
- Beef
- Almonds
- Peanuts
- Walnuts
- Pine Nuts
- Hazelnuts
- Pecans
- Brazil Nuts
- Pistachios
- Cashews
- Coconut
- Chestnuts
- Acorns
- Macadamia Nuts
- Kola Nuts
- Avocados
- Cottage Cheese
- Cheese
- Dark Chocolate
- Peanut Butter
- Full-Fat Yogurt
- Coconut Oil
- Olives