



Super Foods

The foods on this list are second to none. Include them as frequently as possible in your daily diet. Not only will they help in your quest to lose body fat, they will also provide an abundance of antioxidants, omega fatty acids, and fiber - nutrients proven to fight disease and promote better health and longevity.

Proteins

- Whey supplement
- Egg whites
- Egg substitute
- Low-fat cottage cheese
- Low-fat, plain yogurt
- Chicken breast
- Turkey breast
- Ground turkey breast
- Lean sea fish (Tilapia, Snapper, Tuna, Mahi Mahi, ect.)
- Natural 90% lean ground beef (Giant Eagle, Market District, Laura's, or Whole Foods)
- Sirloin
- Top Round

Starchy Carbs

- Oatmeal (old-fashioned or steel cut is best)
- Brown rice
- Sweet potato
- Yams
- Baked potato
- Squash
- Shredded wheat (plain)
- Whole wheat pasta (al dente)
- Whole grain bread or bagel
- Sprouted bread (Ezekial brand)
- Peas
- Corn
- Lentils
- Beans

Vegetables

- Broccoli
- Carrots
- Cauliflower
- Asparagus
- Brussels sprouts
- Spinach
- Sprouts
- Green beans
- Tomatoes
- Mushrooms
- Artichoke
- Red cabbage
- Onions
- Romaine, endive, red, or bib lettuce

Super Proteins

Protein sources higher in fat, but of exceptional value due to the nutrients they contain. May be used as either a fat or a protein portion. We recommend 3 portions/week from this group.

- Whole eggs- preferably free-range chickens using vegetarian feed.
- Salmon- Ocean best, but farm raised is acceptable.

Fruit

- Strawberries
- Blueberries
- Raspberries
- Apples
- Peaches
- Plums
- Oranges
- Nectarines
- Figs (dried)

Fruit (continued)

- Pineapple
- Bananas
- Melons
- Pears
- Kiwi
- Grapefruit
- Cherries
- Tangerines
- Papaya

Fats

- Olive oil
- Canola oil
- Avocado
- Natural peanut butter (non-hydrogenated, the oil will separate at room temperature)
- Raw almonds
- Flax seeds or oil
- Feta or unprocessed hard cheeses, use 1 oz. to complement dishes.