

# Good Carbohydrates

## Fruits

- Apples
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Currents
- Grapefruit
- Grapes
- Honeydew
- Kiwi
- Lemons
- Limes
- Mango
- Nectarines
- Oranges
- Peaches
- Pear
- Pineapple
- Plums
- Prunes
- Raisins
- Raspberries
- Tangerines
- Watermelon

## Starchy Vegetables

- Potato
- Sweet Potato
- Corn
- Peas
- Squash

## Whole Grains

- Brown Rice
- Barley
- Quinoa
- Rye
- Spelt Millet
- Buckwheat
- Oats
- Grits
- Jasmine Rice
- Basmati Rice
- Rice Cakes
- Rice Noodles
- All natural, whole grain, no chemical, no sugar breads flour and cereals
- Sprouted grain breads
- Gluten-free breads
- Yeast free are best

## Vegetables

- Alfalfa
- Artichoke
- Arugula
- Asparagus
- Bamboo Shoots
- Beets
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cucumber
- Eggplant
- Escarole
- Green Beans
- Kale
- Lettuce
- Mustard Greens
- Onions
- Parsley
- Parsnips
- Peas
- Portobello
- Radish
- Raddichio
- Scallion
- Seaweed
- Shallots
- Swiss chard
- Snap peas
- Snow peas
- Spinach
- String Beans
- Tomato (really fruit)
- Turnips
- Watercress
- Zucchini

## Good Proteins

### Beans (Protein and Carb)

- Chickpeas
- Kidney
- Lentil
- Lima
- Navy
- White
- Black
- Pinto

### Nuts (Fats and proteins)

- Almonds
- Walnuts
- Pecans
- Macadamia
- Pine Nuts
- Hazelnuts
- Pistachios

### Seeds (Fats and Proteins)

- Pumpkin
- Sesame
- Sunflower
- Flax

### Eggs

- Best are organic, free-rang

### Fish (Wild Caught)

- Salmon
- Tuna
- Mahi-mahi
- Mackerel
- Halibut
- Rainbow Trout
- Whitefish
- Trout
- Sea bass
- Sardines
- Snapper
- Grouper
- Swordfish
- Perch
- Orange Roughy

### Poultry

- Chicken/Turkey best is organic, hormone/antibiotic free, free range

### Red Meat

- Organic, hormone/antibiotic free, grass-fed

## Good Fats

- Olive (cold-pressed, extra virgin)
- Extra Virgin coconut oil
- Organic fats (in grass fed beef, egg yolks, and chicken)
- Crushed seeds ( cold-pressed flax seed oil but cannot be heated)
- Tahini (sesame seed paste)
- Fish oil
- Almonds
- Walnuts
- Avocado
- Macadamia

## Condiments/Sweeteners

- Lemon Juice
- Natural soy sauce
- Natural mustards
- Sesame seeds
- Ginger
- High-quality vinegar
- All-natural hot sauce
- Basil, curry, dill, garlic, ginger, horseradish, mint, miso, mustard, paprika, parsley, rosemary, tarragon, thyme
- Olive oil based dressings
- Unrefined maple syrup
- Honey
- Stevia