

Healthy Eating Food List

Eat to Satiety

All Meat, including: Beef, pork, chicken, lamb

All Fish and shellfish (avoid imitation crab)

Bacon, ham, hot dogs, sausages

Eggs (prepared any way) - 1 egg=1oz of meat

Low Carb Vegetarian Proteins: Tofu, soy meat replacements, black soy beans (7g protein=1oz)

Note: all of the above should be free of breading/fillers and sweet sauces/additions

All above ground vegetables, including:

Lettuce and other greens, broccoli, cauliflower, green beans, tomatoes, zucchini, cabbage, mushrooms, celery, Brussels sprouts, peppers, avocados, asparagus, cucumber, olives

A few root veggies: onions, garlic, radishes, celery root, jicama, rutabaga, carrots

Healthy Fats:

Butter, Bacon Fat, Lard, Tallow, Olive oil, Coconut Oil, Avocado Oil

Small amounts of sesame oil or other seed/nut oils for use in cold dressings

Condiments and Sauces: Rich sauces (without sugar or starch), mayo, full fat salad dressings, mustard, dill pickles, salsa, hot sauce, soy sauce, guacamole, sugar-free ketchup and BBQ sauces

Beverages:

Water (flat or sparkling), coffee, tea - Use heavy or coffee cream

Unsweetened almond/coconut milk, lemon juice, lime juice

Enjoy, cautiously.

These foods may increase hunger or be eaten without causing satiety.

Artificial and Natural Non-caloric Sweeteners

Nuts and Seeds: including nut and seed butters and flours

Cheeses and other high-fat dairy products:

Cheddar, mozza, swiss, cream cheese, cottage cheese, ricotta, sour cream, greek yogurt

Low-sugar berries: raspberries, strawberries, saskatoons, blueberries etc

Avoid: Sugars, starches, grains, most fruit except low-sugar berries, all fruit/veggie juices, milk & flavored yogurt, sugar-sweetened drinks, potatoes, sweet potatoes, parsnips

Daily Protein Requirements

Women: 11-20oz

Men: 13-23oz

