

Complex Carbohydrates	Healthy Fats	Protein (Animal or Plant-based)
<p>Fruits</p> <ul style="list-style-type: none"> Apples Berries Bananas Pears Grapefruit Prunes 	<p>Oils</p> <ul style="list-style-type: none"> Olive oil Sunflower oil Flaxseed oil Wheat germ oil Canola oil Sesame oil 	<p>Meat/Poultry/Fish/Eggs</p> <ul style="list-style-type: none"> Lean grass-fed beef Pork Chicken Turkey Fish Eggs
<p>Vegetables</p> <ul style="list-style-type: none"> Sweet potatoes Carrots Spinach Broccoli Zucchini Green Beans 	<p>Fatty Fish</p> <ul style="list-style-type: none"> Salmon Herring Sardines Trout Mackerel 	<p>Dairy Products/Dairy Alternatives</p> <ul style="list-style-type: none"> Milk Milk Alternatives Yogurt Cheese
<p>Lentils, Legumes/Beans</p> <ul style="list-style-type: none"> Edamame Chickpeas Peas Beans 	<p>Nuts/Nut Butters/Seeds</p> <ul style="list-style-type: none"> Walnuts Almonds Peanuts Macadamia Pecans Pistachios Cashew Chia seeds Flax seeds Hemp seeds 	<p>Lentils, Legumes/Beans</p> <ul style="list-style-type: none"> Edamame Chickpeas Peas Beans
<p>Whole Grain/Whole Wheat Products</p> <ul style="list-style-type: none"> Quinoa Brown Rice Farro Barley Oatmeal 100% whole wheat pasta 100% whole wheat/grain bread 100% whole grain cereal 	<p>Avocado</p> <p>Whole Egg</p> <p>Full-Fat Yogurt</p> <p>Olives</p>	<p>Quinoa</p> <p>Soy Products</p> <ul style="list-style-type: none"> Tofu <p>Nuts/Nut Butters</p>

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