

Starchy Veg &

Carbohydrates

Lean Protein	Complex Carbs	Combo prot/carb	Healthy Fats	Veggies/Fruits	Veggies/Fruits
Skin OFF Poultry - Chicken Turkey Duck Ostrich Geese Ground Breast of Chicken -meat only Turkey - meat only Fish - never fried White fillets Halibut Haddock Cod Tilapia Sea Bass Flounder Grouper Trout Salmon Tuna Sardines Shrimp,Lobster,crab Egg Whites (1 yolk per 3 eggs) Unsweetend Almond Milk Unsweetened Soy Mild Veggie Slices (vegetarian cheese)	Sweet Potatoes Yams Butternut Squash Spaghetti Squash White Potatoes Red Potatoes Corn Acorn Squash Chick Peas Hummus Brown Rice Wild Rice Beans - Black Red Kidney Navy Lima Baked Beans Oatmeal 100% Whole Wheat is first ingredient Bread Pasta Dry Cereal	Quinoa Edaname Tofu Soy Veggie Patties	Raw Nuts - Almond Walnuts Macadamia Nuts Pecans Pistachios Cashews Soy Raw Seeds Pepito/Pumpkin Sunflower Sesame Avacado Olives Oils - Olive Canola Peanut Nut Butters	All Lettuce Greens Tomatoes Cukes Broccoli Cauliflauer Carrots Asparagus Spinach Brussel Sprouts Mushrooms Green/wax beans Garlic Peppers Onions Beets Okra Artichokes Zucchini Yellow Squash Eggplant Cabbage And any other non- starchy vegetable Carbohydrate If you drink/eat Dairy *Choose Fat Free *with no added sugar	Apples Bananas Berries Melons Oranges Grapefruits Lemon Lime Peaches Pears Mango Papaya Kiwi Grapes Pineapple Apricots Kiwi Plums Cherries Dried Fruit 1x or 2x per week w/No Added Sugar



For Healthy Living FOODS TO AVOID

Soda (including diet)	Candy
Alcohol	Fried foods
Creamy sauces	Processed foods
High-calorie salad dressings	White flour
Added sugars	Partially-hydrogenated oils

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