

Carbs

Tortillas
Sweet potatoes
Brown rice
Apples
Banana
Orange
Oats
Berries (any kind)

Protein

Chicken (to grill)
White Fish
Salmon
Pork Tenderloin
Tuna Canned
Turkey 90% lean
Triple zero yogurts
Plain Greek Yogurt
Low Fat Cottage cheese
Egg whites
Eggs

Fat

Almonds
Avocado
Peanut butter/Almond butter
Coconut spray

Produce/Veggies

Broccoli
Dark leafy greens
Onion
Peppers
Spinach
Tomatoes

Milk

Silk Nut milk
Soy milk