

Healthy Favorites



VEGETABLES

FRUITS

PROTEINS

CARBS

FATS

MEALS

SNACKS

Kale Collard greens Spinach Brussels sprouts Broccoli Asparagus Beets Tomatoes Squash String beans Sweet Peppers Banana peppers Carrots Cauliflower Artichokes Eggplant Okra Snow peas Cabbage Cucumbers Celery Lettuce Mushrooms Radishes Onions Sprouts Salsa Pico de Gallo Vegetable broth	Raspberries Blueberries Blackberries Strawberries Pomegranate Guava Passion fruit Watermelon Cantaloupe Orange Tangerine Apple Apricots Grapefruit Cherries Grapes Kiwifruit Mango Peach Plum Nectarine Pear Pineapple Banana Papaya Figs Honeydew Applesauce	Chicken Turkey Fish Eggs Greek yogurt, plain Yogurt Shrimp Crab, Lobster Clams Red meat, lean Tofu, firm Pork tenderloin Tuna Deli slices Ricotta cheese Cottage cheese Protein powder Veggie burger Turkey bacon Beef-based	Sweet potato Yams Quinoa Beans Lentils Edamame Peas Refried beans Brown rice Wild rice Potato Corn Steel-cut oats Oatmeal Pasta Couscous Crackers Cereal Bread Pita bread Waffles Pancakes, English muffin Bagel Tortilla	Avocado Almonds Cashews Peanuts Pistachios Pecans Walnuts Hummus Coconut milk Feta cheese Goat cheese Mozzarella Cheddar Provolone Monterey jack Parmesan Pumpkin seeds Sunflower seeds, Sesame seeds Flaxseed Chia seeds Pine Nuts Olives Peanut Butter		
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I love real food!