



Healthy Lifestyles Food List

These are just a sample of the food choices to make when not on the plan

Proteins



Chicken breast
Turkey breast
Lean ground turkey
Swordfish
Orange roughy
Haddock
Salmon
Tuna
Crab
Lobster
Shrimp
Top round steak
Top sirloin steak
Lean ground beef
Buffalo
Lean ham
Egg whites or substitutes
Trout
Low-fat cottage cheese
Wild-game meat

Vegetables



Broccoli
Asparagus
Lettuce
Carrots
Cauliflower
Green beans
Green peppers
Mushrooms
Spinach
Tomato
Peas
Brussels sprouts
Artichoke
Cabbage
Celery
Zucchini
Cucumber
Onion

Carbohydrates



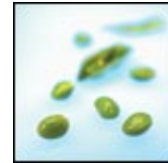
Baked potato
Sweet potato
Yams
Squash
Pumpkin
Steamed brown rice
Steamed wild rice
Pasta
Oatmeal
Barley
Beans
Kidney beans
Corn
Strawberries
Melon
Apple
Orange
Fat-free yogurt
Whole-wheat bread
High-fiber cereal
Whole-wheat Tortilla
Whole grains

Fats



Avocado
Sunflower seeds
Pumpkin seeds
Cold-water fish
Natural peanut butter
Low-sodium nuts
Olives and olive oil
Safflower oil
Canola oil
Sunflower oil
Flax seed oil

Vegetarian Proteins



Tempeh
Seitan
Tofu
Texturized vegetable protein
Soy foods
Veggie burgers

Fats to Avoid



Butter
Fried foods
Mayonnaise
Sweets
Whole-fat dairy products