

FOOD LIST



All the delicious & filling foods you can use to build your daily meals.

PROTEIN

- Chicken breasts
- Chicken thighs
- Chicken bone broth
- Ground Turkey
- Shrimp
- Salmon Filets
- Eggs
- Almond meal

DAIRY

- Gruyere cheese
- Parmesan cheese
- Mozzarella cheese
- Feta cheese
- Bleu cheese
- Heavy cream
- Mayonnaise
- Yogurt
- Cottage cheese
- Ricortta cheese
- String cheese

NUTS

- Almonds
- Walnuts
- Flax seeds
- Chai seeds
- Peanuts

BEANS

- Cannellini beans
- Chickpeas
- Lima beans
- Edamame

GRAINS

- Barley
- Farro
- Quinoa

FLAVOR

- Fennel seeds
- Red pepper flakes
- Rosemary
- Paprika
- Thyme
- Basil
- Onions
- Garlic
- Olive oil
- White vinegar
- Rice wine vinegar
- Ginger
- Tamari
- Seaame oil
- Honey
- Stevia

VEGETABLES

- Tuscan kale
- Zucchini noodles
- Mushrooms
- Baby carrots
- Arugula
- Broccoli rabe
- Swiss chard
- Cauliflower rise
- Baby spinach
- Cucumbers
- Radishes
- Scallions

FRUIT

- Apples
- Avocado
- Blackvberries
- Blueberries
- Cantaloupe
- Mandarins
- Pears
- Pineapple
- Raspberries
- Strawberries
- Lemon
- Lime
- Tomatoes
- Butternut squash

BONUS FOODS!

- 70% dark chocolate
- Cacao nips
- Peanut butter
- Almond butter
- Cheese chips
- Guacamole
- Unsweetened cocnut flakes
- Olives
- Flax seed crackers