



Recommended Food List

Protein (OPEN HAND)

Eggs or Egg Substitute
Chicken Breast
Turkey Breast
1% Lean Ground Turkey
Tuna
Tilapia
Halibut
Orange Roughy
Buffalo
Top Round Steak
Swordfish
Salmon
Low-Fat Cottage Cheese
Crab
Lobster
Shrimp
Top Sirloin Steak
7% Lean Ground Beef

Carbohydrate (CLOSED FIST)

Oatmeal
Quinoa
Brown Rice
Yam
Sweet Potato
Baked Potato
Ezekiel Bread
Blackberries
Raspberries
Blueberries
Strawberries

Vegetables (UNLIMITED)

Broccoli
Asparagus
Brussels Sprouts
Spinach
Celery
Cucumber
Green Beans
Cauliflower
Cabbage
Peppers
Mushrooms
Lettuce
Tomato
Artichoke
Zucchini

BEST



GOOD