

## PRIMARY FOOD LIST

	<u>Ounces</u>	<u>Protein (g)</u>	<u>Carbs</u>	<u>Fat</u>
Chicken	4	33	0	4
Ground Turkey (7% fat)	4	27	0	7
Top Sirloin	4	34	0	11
Salmon	4	25	0	14
Sea Bass	4	22	0	3
Sashimi (Tuna)	4	27	0	2
Egg Whites /Yolk	5/1	17.5	2	5
Tuna	can	33	0	1.5
Oatmeal	1 cup	10	54	6
Wheat-free Cereal	1 cup	4	32	2
Rice	1 cup	4	38	0
Potatoes	6 oz.	2	35	0
Yams	1 cup	2	38	0
Banana	1 medium	2	25	1
Pear	1 medium	0	25	0
Apple	6 oz.	0	20	0
Strawberries	7 oz.	0	12	0
Prunes	¼ cup	0	25	0

\*\*Protein powders: Buy supplements from companies you can trust! We use [Natures Best](#), [VHT](#), and [ProTeem](#) protein powders, bars, drinks, etc. Implementation of nutritional supplements can be 2-3 times daily, as these products are low in sugars, carbs, and fats, and are moderate to high in protein! Great option to achieve caloric needs if you don't have much time, or if you're on the road constantly.

\*\*Veggies are o.k. anytime.

\*\*Extras include: Salsa, soy sauce, mustard, Splenda (Sucralose), spices, diet soda, coffee, pickles, some marinades & low-cal/non fat dressings