

### Proteins

- chicken breast
- ground turkey
- flank steak
- fat free cottage cheese
- protein powder
- liquid egg whites
- whole eggs (omega 3 preferred)
- good morning or turkey bacon
- tuna
- canadian bacon
- fish (salmon, Mahi Mahi, etc)

### Vegetables and Fruits

- cucumber
- salad mix
- broccoli
- cauliflower
- berries
- banana
- celery
- tomato
- peppers
- carrots
- anything else your heart desires

### Fats

- avocado
- low fat cheese
- flaxseed
- earth balance spread
- nuts

### Beverages

- almond milk (unsweetened)
- sparkling water
- flavored teas

### Seasonings

- flavored vinegar
- mustards
- salt free spices
- lemon and lime juice
- Laughing Cow cheese wedges

### Grains/Starches

- oat bran
- potatoes (sweet and white)
- quinoa
- Flat Out flatbreads
- Prophet Pita Pockets
- Light English muffin (look for the lowest carb/fat variety)

